

## Celebrating Xmas Across the World

With Christmas not far away, we asked residents & staff from different nationalities, to tell us about the way they celebrated Xmas in their home countries. These are some of the memories that they shared:

### Ireland:

- October & November is the time when Xmas puddings, cakes & fruit mince are being prepared & rested, in anticipation of the big day.
- Pantomime Season is very popular and runs throughout December & January. Many families take children to these special shows during this time.
- 8<sup>th</sup> Dec is a Holy Day & school holiday in Ireland, so traditionally lots of country folk would have headed to the cities to start their Xmas shopping on this day. Today, of course, much Xmas shopping would be done on the weekends or online.
- Midnight Mass is celebrated on Xmas Eve & presents are exchanged the following morning. Many families would then go to the cemetery to remember their loved ones, before heading home for a big Xmas lunch.
- 26<sup>th</sup> December is St Stephen's Day when Wren Boys go carolling around the streets. Many towns schedule race horse meetings for this particular Public Holiday

### Spain:

- Nativity Scenes are very popular amongst the Spanish and are usually made of some type of earthen ware or pottery. They are set up early in December with baby Jesus added on Xmas morning.
- Xmas Eve is traditionally Midnight Mass with a seafood lunch for Xmas Day.
- Gift giving does not occur in Spain until the 6<sup>th</sup> January, to commemorate the day the Wise Men came bearing gifts for the infant.

All here at  
Ardmillan Place  
would  
like to wish  
residents, families  
& friends  
compliments of  
the festive season.



### Netherlands:

- Most people in the Netherlands celebrate Xmas by putting up a tree on Xmas Eve, that stays up for the 'twelve days of Xmas'
- They spend Xmas day celebrating with family & friends having a special meal or attending church services.
- Presents however, are actually given out on St Nicholas day, which is on the 5<sup>th</sup> December. Needless to say this day is eagerly awaited and looked forward to, by all of the children.

### China:

- Many Chinese people are Buddhists and therefore do not celebrate Xmas, but instead celebrate Chinese New Year. This falls at the end of the harvest season in either January or February.
- Over four days, families visit their parents, grandparents and friends. Children are given special red envelopes that contain money to commemorate this special time.
- Fire Works are set off at the start of the four days to scare off the evil spirits & again at the end of the festival to bring good luck for the coming year.

### Malta:

- Another predominantly Catholic Country that follows all the usual traditions, with a big emphasis on nativity scenes, often made of paper mache & straw.
- Xmas lunch is roast meat, puddings & cakes with all the trimmings shared with family.



## Residents going out over Xmas

At this time of the year, we would like to ask all relatives who intend to take their loved ones out for Xmas festivities, to advise Asiye well in advance. As many residents will be going out, this notice will give Asiye the opportunity to ensure that carers have the residents ready for these special occasions.

Relatives and visitors are also reminded to ensure that if a resident is being taken out of their wing, a note should be made in the visitors book, with the time the resident left the floor and their expected time of return.

Thank you for your co operation.

## Staff Gift Policy

As it is getting closer to the end of the year, we would like to take this opportunity to thank families who have expressed a desire to give a gift to the staff .

As all the staff at Ardmillan must work as a team, we discourage individual gifts, but invite families to donate to the Staff Christmas Fund, where donations will be greatly appreciated and equally divided between all staff members.



Hailing from Britain, the trifle is a much-loved Christmas dessert usually made with sponge, soaked in sherry or fruit juice and layered with various combinations of fruit, cream or custard

### Christmas Trifle

#### **Ingredients:**

- 4 x 85g packets strawberry jelly crystals
- 2 1/2 cups boiling water
- 1/2 x 800g light fruit cake, cut into 3cm cubes
- 2 tablespoons brandy (optional)
- 2 cups Double Thick French Vanilla custard
- 1 cup fresh or frozen raspberries
- 125g fresh strawberries, hulled, sliced
- 300ml thickened cream
- 1 teaspoon icing sugar mixture, sifted
- 50g white chocolate, grated fresh raspberries and hulled, quartered strawberries, to decorate

#### **Method:**

**Step 1** Place jelly crystals in a heatproof bowl. Add boiling water. Stir to dissolve crystals. Stir in 400ml cold water. Refrigerate for 1 hour or until just starting to set (it should have a thick, syrupy consistency).

**Step 2** Arrange cake in a 13 cup-capacity serving bowl. Drizzle with brandy, or juice. Spoon half the jelly over top. Top with custard. Sprinkle with raspberries and strawberries. Spoon remaining jelly over top. Refrigerate, covered, overnight.

**Step 3** Using an electric mixer, beat cream and sugar in a bowl until soft peaks form. Fold through chocolate. Spoon mixture over trifle. Top with raspberries and strawberry quarters. Serve. You could use leftover fruit cake or pudding in this trifle. Double Thick custard is twice as thick as pouring custard, and ideal for this recipe. You could replace brandy with orange juice. Top trifle with grated chocolate. **ENJOY!!**

## Melbourne Cup

One of our residents has written the following account of the Cup Day BBQ held on Level 4:

Fifty Nine residents attended the event with many choosing to go onto the balcony to enjoy the glorious weather. Animated conversation occurred between the various tables both inside and out. Pre lunch orange juice and wine was modestly provided, followed by a BBQ lunch.

There can be no doubt that a good time was had by all!

I think that functions like these provide a great opportunity for residents to develop the camaraderie, which makes Ardmillan Place Aged Care, the enjoyable place in which it so obviously is to live .

**Brian Corcoran – 5 East**

**Laughter**  
is the  
**BEST**  
**medicine.**

## Seniors Texting Code

As more and more seniors are texting, there appears to be a need for a STC (Senior Texting Code)

If you are in or approaching this demographic, you may find the following codes helpful:

ATD: At The Doctor's

BFF: Best Friend Fell

BTW: Bring The Wheelchair

BYOT: Bring Your Own Teeth

CBM: Covered By Medicare

GHA: Got Heartburn Again

FWIW: Forgot Where I Was

FYI: Found Your Insulin

LMDO: Laughing My Dentures Out

LMGA: Lost My Glasses Again

TTYL: Talk To You Louder

WAITT: Who Am I Talking To?

## Activity Groups

Over the last few months we are very pleased to have seen the commencement of some new activity groups here at Ardmillan.

Carpet bowls has been set up, organised and coached by **Baptist Gasparini** a bowls veteran of 45 years. It is keenly played twice a week by at least a dozen residents.

Below is **Ken Feben** showing his style:



Our knitting group has also taken off with 12 members and numbers increasing every week. The residents get together on a weekly basis to knit squares, that are then sewn together into blankets and proudly donated to charity . Below are **Carol McGuiness & Coral White** enjoying the group:



# *Christmas* SCHEDULE

QUALITY AGED CARE

"The Art of Ageing Gracefully"



December 2015

## Activities and Entertainment

### Musical Events

We are very fortunate to have some local school and community groups coming along during December, to perform for our residents. The program is as follows:

#### **29<sup>th</sup> November 2pm**

Students from Mini Mozart's School of Music will be performing a program of Xmas Music

#### **8<sup>th</sup> December 2.30pm**

A group of children from St Mary's Ascot Vale will perform Xmas songs and other bright tunes

#### **12<sup>th</sup> December 2.30pm**

Grace Note Singers – A small, diverse, local Essendon ensemble of young women, will perform a program of Xmas Music.

This promises to be both entertaining and uplifting, with a chance for the audience to participate in the wonderful carols of the season.

**All families and friends are most welcome to come along and enjoy these events which will be held in the Foyer Area - Level 2**

### Werribee Zoo

On Wednesday **16<sup>th</sup> December** a large group of residents & carers are scheduled to attend the Werribee Open Range Zoo.

The Zoo is quite unique and comprises a sprawling 500-acre (200-ha) African grasslands habitat with animals such as gorillas, lions, zebras, hippos & giraffes.

We are keeping our fingers crossed for good weather, so residents can truly enjoy their day out.

### Christmas Lunch

Christmas Lunch will be held for the residents on 25<sup>th</sup> December on Level 4. It will consist of traditional Xmas Fare including roast meats, vegetables and pudding. Festivities will include Xmas Crackers & Pass the Parcel.

Family members are welcome to join the residents if they wish and lunch will also be available to them at an additional cost. If you are interested, Asiyé our Lifestyle Coordinator will be sending out information & details regarding this soon.



### Church Services

In the lead up to Xmas, Religious Services will be celebrated here at Ardmillan Place for all residents who wish to attend:

A Catholic Service will be held on Level 5 West on **Thurs 17<sup>th</sup> Dec** at 2.30pm

A Uniting Service will be held on level 5 East on **Friday 18<sup>th</sup> Dec** at 2pm

An Anglican Service will be held on level 5 West on **Wed 23<sup>rd</sup> Dec** at 3pm