Commitment to excellence in aged care - in a culturally inclusive environment

Issue No 76
Autumn 2015

Autumn – SEASON of mists and mellow fruitfulness! (according to Keats)... and a season of many New Years!


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<td>18 Feb</td>
<td>Ash Wednesday</td>
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<td>19 Feb 2015</td>
<td>Chinese New Year (Year of the Goat)</td>
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<td>1 March</td>
<td>St David’s Day (Wales)</td>
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<td>1 March</td>
<td>Clean Up Australia Day</td>
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<td>5 March</td>
<td>Purim (Jewish)</td>
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<td>5 March</td>
<td>Magha Puja (Buddhist)</td>
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<td>6 March</td>
<td>Holi – Hindu</td>
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<td>Hola Mahalla – Sikh</td>
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<td>8 March</td>
<td>International Women’s Day</td>
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<td>17 March</td>
<td>St Patrick’s Day</td>
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<td>20 March</td>
<td>International Day of Happiness</td>
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<td>21 March</td>
<td>NowRuz – Spring for Iranian, Baha’i and Kurdish peoples</td>
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<td>21 March</td>
<td>Harmony Day</td>
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<td>29 March</td>
<td>Earth Hour 8.30 – 9.30</td>
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<td>3 April</td>
<td>Good Friday</td>
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<td>5 April</td>
<td>Easter Sunday</td>
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<td>13 – 15 April</td>
<td>Songkran (Thailand)</td>
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<td>3 – 11 April</td>
<td>Passover (Jewish)</td>
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<td>14 April</td>
<td>Baisakhi New Year – Sikh/Hindu</td>
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<td>25 April</td>
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Residents Meetings
Residents and their families are warmly encouraged and welcome to attend monthly Residents’ Meetings. These meetings are convened so that residents can participate in discussions regarding such topics as care, activities, policy making and other aspects of the management of Berlasco Court. Meetings commence at 11.30am. The dates for Residents Meetings this year are as follows: March 16th; April 23rd; May 20th; June 18th; July 22nd; Aug 19th; Sept 30th; Oct 21st; Nov 18th; Dec 16th. Hopefully we will see some of you at the first meeting for the year on 16th March and then on April 23.

Vale Mr Nick Xynias
Many residents and staff will be aware of Mr Nick Xynias, Honorary President and Volunteer Chief Executive Officer of the Ethnic Communities Council of Queensland Limited, which includes Berlasco Court Nursing Home and Diversicare. Sadly, Nick passed away on 25th January, aged 82, following a short illness. He was dedicated to serving Queenslanders from culturally and linguistically diverse backgrounds and was involved with, and led, many community associations.

Nick was awarded a British Empire Medal (BEM) by the Queen in 1982; the Medal of the Order of Australia (OAM) in 1995 and in 2001 he was made an Officer of the Order of Australia. In 2004 he was named one of five Queensland Greats and in 2008 he was named Brisbane’s Senior Citizen of the Year. He also received the Millennium Award in 2000. Nick has helped thousands of people with infectious energy and enthusiasm. His passing is a sad loss to Berlasco Court and to Queensland. He has made enormous contributions to our society and we are the poorer for his passing. He is survived by his wife Cleopatara, four children, their partners and five grandchildren.

Congratulations Gwenda OAM!
Congratulations to Mrs Gwenda Braga, whose mum Gwen recently became a Berlasco Court resident. In the recent Australia Day Honours list, Gwenda Braga was awarded an Order of Australia Medal for her services to the community. She has been a long time passionate volunteer with Meals on Wheels as well as with the Indooroopilly Senior Citizens Club and Neighbourhood Watch. She has also enjoyed a long involvement with the Women’s Royal Australian Army Corps Association, including several years as President. Gwenda’s OAM is an award well deserved. We look forward to hearing all about the Presentation Ceremony at Government House!
Staff Christmas Gift thank you

Many families and friends of Berlasco residents generously contributed towards Christmas gifts for the Berlasco staff. Enough was raised to provide each current staff member with a Coles Group-Myer gift voucher. We received a very thoughtful card from the staff thanking everyone for their generosity.


Have you noticed the two computers set up in the Rec Room for ‘Brain Trainer’, a fun program of online quizzes and activities designed for elderly residents? Family members can create a personal quiz for their loved one and can enjoy the pleasure of sharing a game. Volunteers could also use it as an activity, to create a facility quiz, with the assistant of some resident.

To create your own quiz, follow instructions on  http://quiz.braintrainerplus.com/page/show/create-your-own-quiz

Congratulations to Helen and Bill Tunny, who recently marked 59 years of marriage. Also to Nancy and Cyril Bruget, married 54 years in early March.

In Memoriam

To the family and friends of our late residents
- Mrs Sameha Ibrahim
- Mrs Anna Korganow
- Mrs Nance Barker
- Mr. Mikulas Grega
- Mr. Anton Hermanussen
- Mrs May Calomiris

We wish you warmth and serenity during these sad times.

Vale Miss Anne Faros. Anne was Athena’s aunt and a long time enthusiastic and devoted supporter of Berlasco Court. Anne passed away suddenly and unexpectedly on the 9th January. Her gracious friendliness, helpfulness and love will be sorely missed by all who knew her. Our thoughts are with Athena and her family.

Vale to Nick Xynias, who unexpectedly passed away on 25th January, aged 82. Nick was a long time President of the Ethnic Community Council of Queensland and was a founder of the ECCQ chapter in the history of Berlasco Court Caring Centre. His dedication and support is an enormous loss to the Berlasco community. Our deepest condolences to his family.

May they all rest in peace.
The silent grief that is in our hearts, no human eye can trace. From the gravestone of Pvt F.W.Woodley, Burma

Staff news

- Accreditation is coming up in June, so everyone will be kept busy in preparation.
- Staff are undergoing mandatory training to maintain currency in topics such as infection control, emergency evacuation and protecting older people. Elena Claire is providing regular support with English Communication.
- Our condolences to Derek, whose father recently passed away in Taiwan; and also to Athena, who has recently lost not only her dear aunt, Anne Faros, but also her mother-in-law in Athens.
- Congratulations Mohey, whose smiling photo appeared on the front cover of the January – March 2015 Bidvest Loyalty Rewards publication!
- Congratulations also to Jade, who has gained a short term contract with Queensland Police. Her sister Amber is about to begin university studies at Griffith University.
- Once again, Berlasco Court has supported trainee students in Nursing, with a group from Careers Australia completing a placement here.
- We have to recognise our wonderful band of regular volunteers in the Rec Room, Biba, Monica, Vivek and Elise. Their generous contribution to Berlasco Court staff and residents is greatly appreciated.
Armchair sports
What a summer it has been. Yours truly was in Canberra during January and lucked tickets to the Asian Cup China Vs North Korea match. Canberra Stadium had a sell-out crowd. It was a sea of red shirts as China supporters came from near and far. An exciting match with great atmosphere that we thoroughly enjoyed. It was a further thrill that Australia won the Asian Cup final in a close finish against South Korea. A wonderful success for Australia’s sporting community.

The next bit of Soccer excitement will be when Brisbane Roar plays the visiting Liverpool FC team at Suncorp Stadium on Friday 17 July.

Our current sporting buzz is the ICC World Cricket, which got off to a great start on Valentine’s Day. The final will be in Melbourne on 29 March, with 49 matches to enjoy in the meantime. Another excuse to enjoy the sport of being an armchair supporter.

Wordmaker (from Australian Women’s Weekly Puzzle Book #2 p 32)
How many words of four letters or more can you make using these letters? Each must include the central letter ‘A’.
There is at least one nine-letter word. Avoid hyphenated words, plurals and verbs ending in s.

Your words:

It was autumn, and the Indians on the remote reservation asked their new Chief if the winter was going to be cold or mild. Since he was a new Indian Chief in a modern society, he had never been taught the old secrets, and when he looked at the sky, he couldn’t tell what the weather was going to be. Nevertheless, to be on the safe side, he replied to his tribe that the winter was indeed going to be cold and that the members of the village should collect wood to be prepared. But also being a practical leader, after several days he got an idea. He went to the phone booth, called the National Weather Service and asked, “Is the coming winter going to be cold?”
“Looks like this winter is going to be quite cold indeed,” the meteorologist at the weather service responded.
So the Chief went back to his people and told them to collect even more wood in order to be prepared. A week later he called the National Weather Service again.
“Is it going to be a very cold winter?”
“Yes,” the man at National Weather Service again replied, “it’s going to be a very cold winter.”
The Chief again went back to his people and ordered them to collect every scrap of wood they could find. Two weeks later he called the National Weather Service again.
“Are you absolutely sure that the winter is going to be very cold?”
“Absolutely,” the man replied. “It’s going to be one of the coldest winters ever.”
“How can you be so sure?” the Chief asked.
The weatherman replied, “The Indians are collecting wood like crazy!”

[Wordmaker nine-letter word: Moneybags]