

## Discover

On the Friday before Christmas, residents got into the Christmas spirit by listening to Christmas Carols performed by Phil Wilson. It was such fun that many joined in a sing along.

Residents enjoyed their favourite Christmas carols as they celebrated Christmas with their fellow residents at Braemar Village.

In the lead up to Christmas, a special service was held with Braemar Chaplain Paul Bloomfield.



Above: Braemar Village residents enjoy a Christmas Service conducted by Braemar Chaplain Paul Bloomfield.

# What's On at the Village

Day	Date	Time:	Location:	Activity
Tues	13 <sup>th</sup> and 27 <sup>th</sup>	2pm	Teatree lounge	A men's afternoon tea – Get together and socialise with a couple of male volunteers. Cake provided.
Wed	14 <sup>th</sup>	All day	All wings of the village	Valentines Day- Pamper Day Includes: Hand massages, nail manicures and foot spas. Available to all.
wed	14 <sup>th</sup>	lunch	All dining rooms	Special Valentine's Day lunch from our friends at Cater Care.
Tues	13 <sup>th</sup>	1.30pm	Activity Lounge	Residents and Relatives Meeting.
Mon	26 <sup>th</sup>	1.30pm	Activity Lounge	Be entertained by the CWA CHOIR during the Braemar Village Happy Hour.

## Village Life in Pictures



**Above:** Preparations for Christmas Celebrations at Braemar Village. **Below:** The Men's Group meeting.



# Residents in Focus

## Greta Atkinson

Greta was born in India, where she grew up. She went to a Boarding school in India. Her school had connections with Cambridge University in the UK. Greta enjoyed studying there.

She moved to Australia by ocean liner in 1973, coming here from South India.

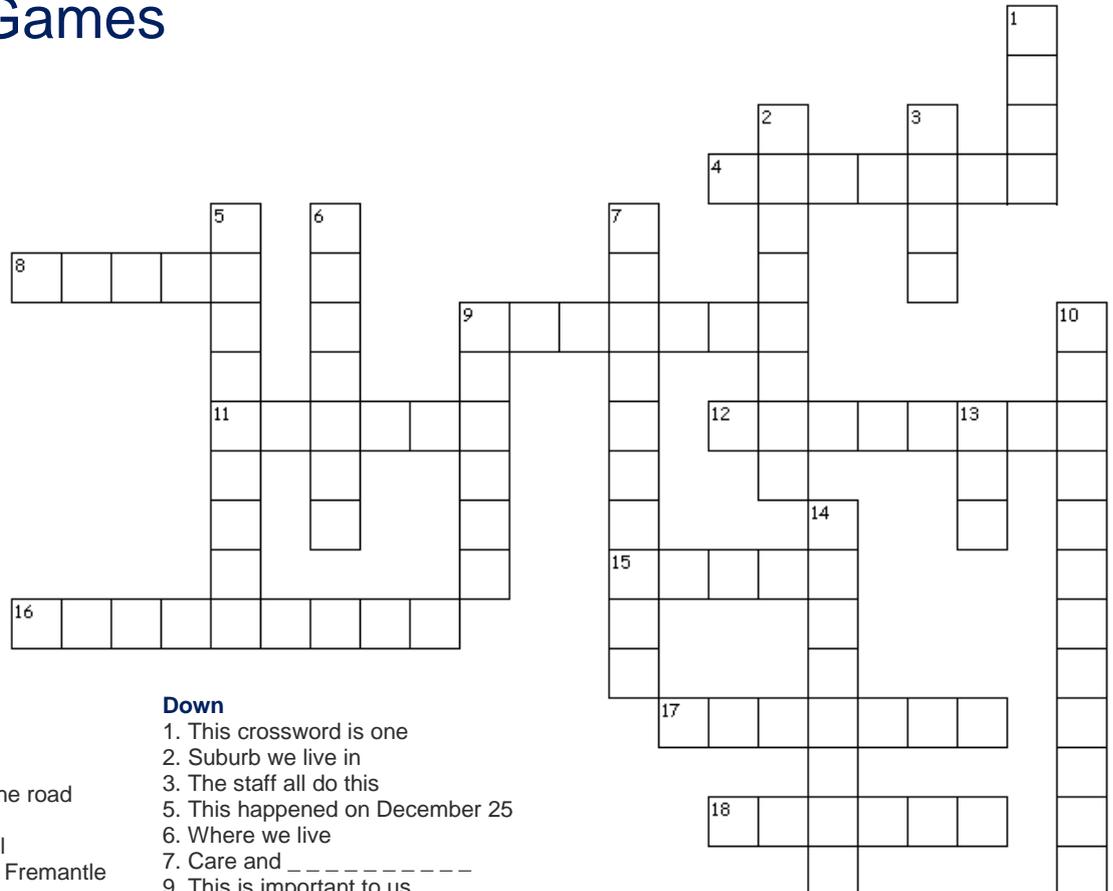
Greta's father was in the army, while her mother helped raise five children. Greta herself had four children.

She used to play hockey and basketball at a younger age. Greta was a volunteer at Sir Charles Gardener Hospital for 9 years, and Murdoch Hospital 12 years. She was also involved in her church community.

Today Greta remains active, participating in crosswords, listening to stories by CD, and attending group activities including church, walking group, café group and news and discussion groups. She enjoys knitting and crocheting



## Fun and Games



### Across

4. Our facility name
8. City we live in
9. The Braemar just up the road
11. The current season
12. We are in this council
15. The Braemar in East Fremantle
16. This puzzle is one
17. First month of the year
18. These have trees and plants

### Down

1. This crossword is one
2. Suburb we live in
3. The staff all do this
5. This happened on December 25
6. Where we live
7. Care and -----
9. This is important to us
10. Church
13. Name of our facility manager
14. Valentine's Day falls on this month

# Chaplains Message

## Don't Be Anxious

*Be anxious for nothing but in everything by prayer and supplication with thanksgiving let your requests be made known to God Philippians 4:6.*

Although we are well into a New Year it would be well worth evaluating the many concerns we worried about in 2017 and how many eventuated. We are all too familiar with the knotted stomach, the annoying headache, even insomnia and anorexia that comes from an anxious heart.

There is no doubt that there will be genuine concerns regarding family, finance and health but many of our worries are perpetuated by self-talk. We can well convince ourselves of a gloomy outcome for the day even before we get out of bed! Let's start talking to God this year. Come to Him seeking forgiveness, for little faith, with a thankful heart for the many blessings enjoyed, and asking for courage and guidance for the day.

Claim the promises the Apostle Paul gives to us when we stop talking to ourselves and commence communicating with the Almighty

*...and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus Philippians 4:7*

## Staff in Focus

### Paul Bloomfield – Chaplain

Paul is our chaplain and hosts regular hymn services, singing activities and biblical enrichment at each of our facilities.

Paul was born in a quaint English Village in Northamptonshire England. He trained for Hotel Management Ramsgate Kent before training at St Charles Hospital Ladbroke Grove London. Paul qualified as RN in 1970 and immigrated to Australia in 1974.

Once in Australia, Paul worked with indigenous people in Derby before training for Christian Ministry.

He was ordained with Westminster Presbyterian Church in 1991 and Pastored four Churches before becoming Chaplain of Braemar Presbyterian Care in 2004.

Paul lives with his wife Dawn in Cooloongup, with their cat Willow. He enjoys travel, gardening, carpentry reading, preaching, teaching the Bible, writing songs and poetry and plays guitar and ukulele.

