



Home Sweet Home

St Sergius
AGED CARE

Residential Care | CHSP | Independent Living Units
Trading as: Russian Relief Association of St. Sergius of Radonezh

Newsletter Winter 2023

At a Glance:

- Russian culture appreciation day
- Vidovdan
- King's birthday
- Transfiguration of the Lord
- Italy Day
- Doughnut Day
- Kindifarm
- Birthday celebrations



Janina Janyszka and Danica Bosevska

Any and all of the recreational activities described above brighten the daily life of our residents and are immensely important to the maintenance of physical and mental health of our residents. They also facilitate neighborly interactions, chats; exchange their experiences and history and make friends



Russian culture appreciation day

Celebrating Russian Culture

Russia is a country that has created its own unique culture and set of traditions. This was celebrated in a day dedicated to cultural activities organised by our Recreation Officers.

The passage of history is unstoppable – epochs pass, the political systems and their leaders change, but Russian culture rises above all such cataclysmic events. Uniquely Russian, yet totally in tune with world-wide literature and art, Russian culture continues to inspire and lift the spirit of Russians all over the world.

The day's main activity was a gathering of many residents in our main recreation area, suitably decorated with posters greeting cards and other items reflecting the Russian traditions and culture, where they were treated to the retelling of ancient fables, folk tales and traditional crafts, music and stories about great writers and composers.

Quizzes always capture the attention and spirit of participants – everyone wants to demonstrate their knowledge and memory and so it was in this gathering. Our residents keenly answered questions on traditional food, general folkloric themes and popular games.



Vera Semerich, Alexander Yakimov and Julia Fahey



Russian crafts



Russian culture day



Alija Aminova



Liudmila Bilonok



Russia Day

Vidovdan

In St Sergius we respect and honor Serbian traditions with the same enthusiasm we show to our Russian traditions. We aim to allow Serbian residents to remember and celebrate their own rich culture, of which they are justifiably proud.

In this respect we must not only mention poets, musicians and painters, but also of historical events which have influenced the national consciousness of the Serbian people.

The most significant of these is the battle of Kosovo Field, which took place on 28 June 1389. That great and tragic Battle has become a day of remembrance of the great sacrifice of the ancient Serbs. The remembrance day was shared with our Serbian residents by all other St Sergius residents.

The day began with a liturgy, performed in our chapel and continued with Serbian music, dances and lectures and culminated, in the tradition of Serbian hospitality, with a feast, featuring tender chevapi and fragrant burek. This was greatly enjoyed by all the participants.



Vidovdan



Celebrating together



Olga Pronin with Marina Thome



Vidovdan celebration



Jovanka Micic



Tania Filippoff



Marija Kresovic



Svita Brkljac with Nevenks Scoric



Elena Saponija



Radmila Ignatic



Dusan Buzdum

King's Birthday

Everything changes in t in this world – except for the official Birthday of the ruling sovereign in Great Britain, which, regardless of the actual day of their entry into this world, is celebrated in June. Residents of St Sergius, just like most residents of the Fifth Continent, love this public holiday and the gaiety associated with it and readily celebrate it in gatherings; where they indulge in dressing up as royalty and nobility and acting out the manners and court pomp and ceremony. They try on crowns and tiaras and happily pose wearing expressions of appropriate solemnity.

Many residents remember Queen Elizabeth II with warmth and are well acquainted with her life. This year, they began to become familiar with the new King – Charles III.



Lina Jin



Peter Gileff

DOUGHNUT DAY



Olga Drca



Janko Medjesi and Julia Fahey



Margaret Tahmasian



Nikola Pucar



At the park



Ready for the trip



Walk in the park

Parks

An outing in the fresh air and new surroundings is a precious boost to the physical and mental health of elderly people. It is a most enjoyable physical activity, with minimum of risk of negative impact on them. It is not surprising then that such activities are loved by St Sergius residents.

This is well understood and appreciated by our staff and short excursions, especially to parks, are a regular feature of the recreation program at St Sergius.



Trip to the park



Happy time

Visits to Clubs

It is always a pleasure to see the elderly people having an enjoyable time. Visits to a Club, especially the Serbian Club, provide an opportunity for just that. Such visits not only provide a welcome change of scenery for our residents, but also with an opportunity to meet new people and have an enjoyable lunch. Club visits are high on the priority list of our Recreation Staff.



Trip to the club



Lunch



Sunny day



Nick Sposobin



Boris Evstigneev

OUR LIFE IN PICTURES



Radojka Vujovic



Yury Boudkin



Maria Mironova



Agnes Domansky



Galina and Alexander Fonarev



Dobrinka Lubarda and Slavka Nedanovska

Culinary Classes

What is food preparation? It is not just the compiling a list of ingredients and putting them together, but first and foremost a creative activity of preparing dishes that have a harmony of tastes and colours.

Such culinary activities are much loved by St Sergius residents. Here they not only prepare and consume little culinary gems, but also learn about the flavours and combinations of interesting ingredients from countries around the world and the process of preparing such exotic dishes – and they have a fun time as well!



Nina Grabovskaya



Milan Ajdukovic



Cooking together



Veronica Kaskanlian



Danica Ljubicic



Jagoda Jaric

Drawing and colouring

Any creative activity at an advanced age helps people to maintain their enthusiasm for life and have a positive impact on their mood.. The process of expressing their emotions through the use of drawing and colours is one such important activity. Seeing the appearance of an image created by themselves, even if the result is likely to win an art prize, residents usually experience a feeling of satisfaction.



Cvijeta Brkljak



Italy Day Celebration



Olga Milic



Desanca Ilic

Italian Day

Secular activities also figured strongly in the lives of our residents. Italy was the theme of one such activity, which featured both musical and educational aspects associated with Italy. The colour palette of green, white and red which greeted the attendees of this activity immediately told them that they were in for a bright and jolly time. The information, presented in three languages – English, Serbian and Russian; on the culture, history and beauty of Italy was listened to with interest. The audience was then transported in their imagination to the fascinating isle of Sicily, the piazzas of Rome and, of course, to the canals of Venice. The Ladies donned the Venetian half-masks to enhance the magic of this transformation and happily posed for photos.

The sentimental Italian music and the performance of our guest singer Liz Testa, made it even easier to achieve the lively and uplifting mood of the gathering. The audience greatly enjoyed the artist's spirited performance and supported her with ovation and even joined in the musical feast by partaking in impromptu folk dancing..



Jelena Momcilovic



Viva L'Italia



Virginia Do Rego



Father Djuro with the residents



Father Boris with the residents

Transfiguration of Christ

August is a month of intense spiritual activity at St Sergius. It is the month of the Uspenskiy Lent, the celebration of the Transfiguration of Christ and the Dermition (also known as Assumption) of the Mother of Christ. The deep significance of the Transfiguration of Christ especially, inevitably brings out the feeling of Christian piety in believers.

Many religious discussions were held during this period. Residents were reminded of the alternate ancient 'folk' name given to the feast day of Transfiguration – Apple Feast of the Savior, which alludes to the changes to nature brought by autumn. Perhaps this is why the reference to apples and why fruit is blessed on this day and illustrates how church traditions often coincide with ancient per-christian beliefs.

The service of the blessing of the fruit was performed for our residents by the pastor of our neighboring Pokrov church – Father Boris Ignatievsky.



Tamara Sadovnikov and Irina Malanyak



Olga Petlevanny with Irina Malaniak



Vukosava Glavas



Radojka Cuca and Julia Fahey

KindyFarm

The interactive zoo – Kindifarm has again visited St Sergius and was greeted with absolute joy by our residents. They lovingly cuddled the furry baby rabbits, goats, lambs chicks and other animals in an atmosphere that was full of smiles and positivity, showing again the magical bond that exists at a very deep level between people and animals, especially the babies of their species.

This interaction with our furry friends has a very positive effect on the emotional and cognitive well being of our residents, increases their level of activity and reduces pessimism.



Nikolay Sorokin with Su Rakhmatullaeva



Taisa Sagoian

This particular visit was made possible by the generosity of people who contributed funds to pay for this unforgettable experience. The list of their names are below:

- Katya Vassiliev
- Elena and George Vassiliev
- Nick and Natalia Vassiliev
- Richard and Tanya Pawlak
- Natasha and Boris Ignatievsky
- Anastasia Ignatievsky

The generosity of spirit shown by these people is a wonderful example of humanity. Empathy and support of those in need – this is the most important goal in life for many people. Their support of St Sergius is invaluable and we sincerely thank them for it.



Nikola Pucar



Animal Farm visits our residents



Toth Balint



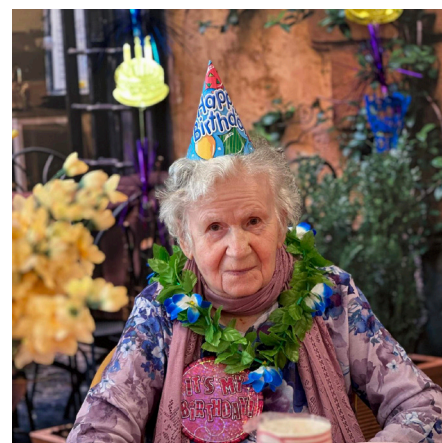
Ilic Desanka with Natalia An



Petar Dinic



Galina Cherkasov



Zoya Shirshova

MONTHLY BIRTHDAY CELEBRATIONS

This wonderful St Sergius tradition is a highlight for the residents whose birthday fall in the particular month. The celebrants are feted with warm greetings, songs and poems and, of course, tea with wonderful cakes.

JUNE

Aminova Alija, Zinoviev Anna, Kopyt Elya, Kaskanlian Veronika, Lyczak Peter, Danica Romic, Zora Dajic, Rudenko Vera, Saponja Jelena, Stojiljkovic Petar, Kolesnikov Victor, Liang Man, Lugovoy Vladimir, Borovina Bozanka, Radeka Gavrilo.



Tamara Benjamin with husband

AUGUST

Radmanovic Radmila, Evstigneev Boris, Srdic Gojko, Ajdukovic Milan, Klajic Stoja, Dimic Vladimir, Milenkovic Radivoje, Matic Darinka, Momcilovic Jelena, Militar Milan, Calic Stevan, Grabovskaya Nina, Bosevska Danica, Zhuravl-eva Larisa, Vrankovic Milka, Lazarevic Gospa.



Agneza Sinkovich

JULY

Dinic Petar, Nicholson Rufina, Shirshova Zoya, Djuric Slobodanka, Demidov Natalie, Veljkovic Kristina, Ignatic Ranko, Zaika Nicolai.



Stoja Klajic celebrating her birthday



Crdj Olujic



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St Sergius Day celebration

Father's Day

Spring festival

Birthday celebrations

If you are thinking about placing your loved one in St Sergius Aged Care Facility, we are happy to answer all your questions about that on the phone number below.

We welcome the new volunteers. Your help will be highly appreciated. Our residents require more attention, love and emotional assistance. If you like to become a volunteer, send us E-mail below. We will get in touch with you as soon as possible.

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AGED CARE

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St Sergius Aged Care
1 Gilbert Street
CABRAMATTA NSW 2166

Tel: 02 9727 9844

Fax: 02 9724 6265

email: reception@stsergius.org.au

www: www.stsergius.org.au

facebook page: [https://](https://www.facebook.com/groups/1517286388545930)

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