



Christadelphian Aged Care

2018 AUTUMN NEWSLETTER

ASHBURN HOUSE

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*Light breeze
colourful leaves
bare trees
it must be
Autumn*



*"God makes
everything beautiful
in its time"*

Ecclesiastes 3:11



Manager's Message

Welcome to Ashburn House

Hello all,

Hope you all have wonderful Christmas and New Year!

The warm sunny weather will come to the end soon, and the flu season is not too far away. We will be sending out the consent form for Flu Vaccination with the March account in the first week of March. Could you please return a signed copy to Ashburn House as soon as possible. It is crucially important that we remind all family, friends and staff to postpone visits to the Home should they have any symptoms of a cold, flu or gastro.

I would also like to remind all families that when bringing in any new clothes for the residents, please label them all before giving them to residents. Iron-on cloth labels can be purchased from reception area.

Reminder to all Visitors: Do not open the main entrance door for anyone you are not sure about. Please direct them to the staff on the floor, make sure the front entry door is shut properly behind you.

Solar panels will be installed in Ashburn House from February 19. We anticipate the installation will be completed within four weeks. Half of the garden outside of our cafe will be barricaded during this period.

Warm Regards, **Yan Li**



News & Upcoming Events



MARCH	APRIL	MAY
10 Evelyn Mc	1 Ann R	1 Mary N
10 Patricia G	1 Ba GU	4 Janice Q
	2 Lesley A	6 Jeanne T
	4 Chiu N	11 Jeanne L
	6 Ethel P	14 Betty E
	7 Thomas C	25 Renee P
	9 Barry M	26 James M
	15 Gay W	27 Barry K
	17 Donald S	
	23 Barbara H	
	24 William S	
	27 Joan F	
	28 Joan C	

UPCOMING EVENTS

MARCH

2nd - Entertainment:
Mike Tasma

9th - Entertainment:
Miss Eleni

16th - Entertainment:
Mrs M

APRIL

6th - Entertainment:
Dale Ryan

13th - Entertainment:
Marianne Shepherd

20th - Entertainment:
Russell Lynch

MAY

11th - Entertainment:
Charles the Dance Tutor

18th - Entertainment:
Greg Dimmock



We're going digital!

To reduce the amount of paper we use, and in response to the requests of a number of families, the next newsletter will be delivered straight to your inbox!

It will also continue to be available on our new and improved website at www.chomes.com.au.

We are currently updating our contact list so you may be contacted soon to let us know your email address.

If you would still like to receive the newsletter in paper form, please call Marketing on (02) 9101 5503 to let us know.

Activity Reviews

BUS OUTINGS

Every Tuesday, our residents go on a bus outing with a member of the Leisure & Lifestyle Team along with our bus driver. We have two outings on the day; one in the morning departing by 10am and then another in the afternoon. We visit different locations so our residents may enjoy a variety of scenic outlooks. Our residents enjoy the scenery, social interaction and commentary with drinks and snacks while taking in and talking about the surrounding vista.



AUSTRALIA DAY

What a great Australia Day! Every year, Ashburn House celebrates Australia Day with our staff joining in and dressing up in Aussie colours. The whole Home was decorated in an Australian theme, featuring Australian flags, balloons and hats. Our residents were accompanied to the Cronulla Theatre where they enjoyed a lovely barbecue lunch with Aussie themed food and drinks, and were entertained with Australian themed music and singing. All had a great time.



Activity Reviews

SPIRITUAL REMEMBRANCE SERVICE

Our annual Spiritual Remembrance Service was again held toward the end of November for relatives past, staff and residents to come together and remember all those who have left Ashburn House in the previous year. Again, our solemn service was held in Cronulla Theatre with staff involvement. All relatives present received a token memorial gift consisting of Alyssum plant seed in a biodegradable packet of which they could plant in their garden or a pot at home to remember their loved one's time at Ashburn House.

PRE-CHRISTMAS CELEBRATIONS

Prior to Christmas, Ashburn Leisure & Lifestyle staff along with volunteer Maree Thomas and friends and some of our residents, dressed up in Christmas theme and delivered Christmas gifts to those in their rooms. The residents were amazed and enjoyed Santa's visit.

In the afternoon, we entertained the residents in the Cronulla Theatre with a Christmas sing-a-long. The theatre was transformed into Santa's den and we sang many carols from a dedicated song book. Sofia, one of our residents, played traditional carols on the grand piano for us.



ARMCHAIR TRAVEL



Our recent Armchair Travel escapade was to the tropical country of the Philippines.

A documentary showed the culture, history and traditions of the country. Leisure & Lifestyle staff member Amy talked of the religion, culture, food and Spanish connection to her homeland.

Sweet traditional delicacies were shared around for all to enjoy.

Activity Reviews

CHRISTMAS DAY

Ashburn House celebrated with festive Christmas lunches in Cronulla Theatre attended by residents, family members and staff. Everyone present was delighted with the colourful and bright decorations especially the pretty light display.

Our Chef Polash served a delicious lunch with desserts. Staff waited on residents and family and offered a variety of wines and drinks. Resident Services Officer Stephen took many lovely photos of all present at these events. Christmas celebrations concluded with great performances from Ms Eleni and the divine Mrs M.



A great time of year wishing for each and all a Merry and Happy Christmas!



PRUDENCE'S 100TH BIRTHDAY

Long term Resident, Prue celebrated her 100th birthday on November 20 with a party conducted by Leisure & Lifestyle staff in Ku-ring-gai Lounge. Prue's family and friends joined the celebration by sharing a bottle of champagne and a delicious cake. Prue received a letter from Queen Elizabeth II congratulating her on reaching 100 years of age.



Sadly Prue has recently passed away, joining her beloved husband Bill in eternal rest. She is missed and we felt privileged to have shared the occasion of her 100th birthday with Prue.

Photos - Valentine's Day



Resident Story - Betty West



Betty was born in Ashfield on Australia Day, 1928 to parents George and Dorothy Lawrence.

Betty had five siblings. After attending Haberfield Demonstration School followed by Burwood Girls High, the family moved to Five Dock. Betty began nursing at Balmain hospital but unfortunately had to give it up to care for her Mum who had suffered a bad fall.

Betty married her first husband in 1947 and they had one daughter, Suzanne. Betty worked as a receptionist for medical specialists on Macquarie St, Sydney for years. She loves her work and loves helping people.

Betty was also a photographer for Ray Wood Photographers, which has worked at many weddings and special functions for guests. Right from her

early school years Betty was a talented artist. Her family have some lovely framed pictures that were done by her. In fact, three of them are hanging in her room now.

After being divorced for many years, Betty married Terrence West in 1974 and moved to Newcastle where he had a smash repair business. Betty continued painting and doing craft which she enjoyed greatly and was very good at. They enjoyed many overseas trips and cruises. Regularly, Betty drove to Sydney to care for her Mother and one of her brothers, Barton, who suffered ill health for years. The lovely flowered and painted tops Betty wears today were done by her.

After Terrence passed away in February 2016, Betty moved back to Sydney into Ashburn House and is now close to her family.

Betty has two grandchildren and four great grandchildren whom she delights in spending time with when they come to visit. Betty likes to keep herself busy, and really enjoys when there is music and dancing.



Staff Profile - Augusto Urquizo



Augusto was born and raised in Peru in the city of Andahvaylas. He has a large family, being one of three boys with four sisters. After graduating from high school, Augusto's first job was a policeman, eventually became a detective. His career in law enforcement lasted a total of 11 years.

In 1989, after retiring from the police force, Augusto undertook another career to be a successful cabinet maker exporting furniture to Australia. He continued in this industry until he settled in Australia in 2002. Shortly after arriving at his new country, he attended TAFE to complete a Certificate III in Aged Care Nursing. He started working as an Assistant in Nursing in 2004 at St Antonio's and realised that, through this role, he discovered satisfaction and happiness. In 2007, he joined the Ashburn House family. He is widely known to be a gentle, caring nurse and our residents are delighted to have his support and care. Augusto is a happy father of six children, with two living back in Peru and the other four now settled in European cities. Augusto travels back to Peru almost every year to spend time with his children.

One of Augusto's favourite pastimes is travelling. He often undertakes adventures with his wife and children throughout Europe, Asia and the Americas. Some of his favourite destinations are Finland, Spain, India and the United States of America. In his spare time, Augusto enjoys being involved in charity work, which includes sending clothing from Australia to people in need in his home country of Peru. When not busy with work or donating his time to charity, Augusto loves to go dancing in clubs with his closest friends.

Pastoral Care

LET US NOT *love*
WITH WORD OR SPEECH BUT WITH
actions AND *in truth*



WHERE WILL YOU FIND JOY TODAY?



The English writer William Wordsworth (1770–1850), in his pastoral poem ***The Oak and The Broom***, wrote the following lines:

*I know, and I have known it long;
Frail is the bond by which we hold
Our being, whether young or old,
Wise, foolish, weak, or strong.*

*Disasters, do the best we can,
Will reach both great and small;
And he is oft the wisest man,
Who is not wise at all.*

The speaker in this poem is a broom plant, which is responding to the taunts of the nearby oak tree that had mocked it for the apparent frailty of its form and for providing wayward shepherd boys with a soft bed on which to sleep. The broom plant's reply highlighted the joy it found in interacting with the insects, birds and animals with whom it shared each season throughout the year. It looked for these joy-filled snatches among the challenges of the larger changes brought by each passing season in its world, be it the heat of summer, the frost of winter, the energy of springtime or the slowing of autumn. By the end of that poem it was the broom which remained, as the oak in its unbending pride had fallen before the sudden onslaught of a winter storm.

Solomon, a wiser man than any in his day, urged all who would listen to find something positive in their lives wherever that life would lead. *"So I commend the enjoyment of life,"* he says in Ecclesiastes chapter 8 verse 15 (NIV), *"because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun."*

Some days that joy may not dominate. Some days life may seem futile, an endless repetition of the same routine lived amid the same walls echoing the same sounds from the lives of those nearby. Focussing on this highlights the futility and the pain of living, making it hard to see the subtly of the blessings that are still there in life. Amid that cycle there is still the opportunity to touch and to try a smile, to hold a hand or share a memory, listen to a distant bird or smell a scented leaf or flower.

Seeking the joy of the day will not make its challenges any less serious or any less real. But blessings and joy can exist at the same time as misfortune and sorrow. Finding joy among the little things may not remove the sense of struggle, but it will help to ease that burden. Sharing a hug changes the view – and how large is a hug, really? Warmth from the sun, or the colour of an autumn leaf, can both awaken memories to distract from the present, or simply bring pleasure to the moment.

The little broom plant and King Solomon both faced their lives with a certainty that they would find each day something to enjoy and both found it.

In what little thing will you find joy today?

By Stuart Muir - Pastoral Care and Community Services Manager,
Corporate Services

Bereavements

Our deepest sympathies have gone out to the families who have lost their loved ones over the Summer period.



Volunteer Corner



What a fantastic help our volunteers were in the very busy Christmas period. A big thank you to all those who helped with activities, setting up for Christmas Lunches, wrapping gifts for the residents, singing carols, visiting, giving out gifts... the list goes on. Thank you, thank you, thank you.

I am pleased to say that most of our volunteers are continuing to help this year, and we have welcomed a few new ones. Sadly, the Art Therapy class has finished as Mara and Kate continue their studies.



Bingo, games, movies, chat groups and the flower arranging have all started up again and will continue to be regular events on the program.



Cecily and fellow Flower arrangers



These beautiful residents at Ashburn House spent some time talking about their magical memories of marriage.



If you are interested in joining the Volunteer program, please do not hesitate to contact me:

**Nerida O'Neill on 0434 946 184
or noneill@chomes.com.au**

Volunteer & Pastoral Care Coordinator

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Liz O'Toole



I can't actually remember when I started volunteering at Ashburn House. As a mum of four young girls, I didn't have a lot of spare time a few years back, but occasionally I would come with Bob and Liz O'Toole, my lovely parents-in-law, when they used to perform small music concerts in the lounges. I would bring my flute along and play with them, as they sang all the favourite old songs to the residents. They were wonderful people, remembered by many.

My "proper" volunteering began when the new Ashburn House was completed and the lovely Bronte Café was opened. I have been working there fortnightly throughout the years, helping initially Shirley Johnson when it was first set up, and now helping Ali, mostly by making coffees for our residents and visitors. I have yet to perfect the fancy coffee art that so many baristas seem to be able to do! However, I do make a nice cuppa! It's always a very happy day when I come in to help, as it's fun serving all our customers, and Ali and I get to chat together when it's quieter. I have known Ali since we were young girls, and have a great photo of the two of us as seven or eight year olds at a church conference in the early 1970s. We always have a lot of catching up to do!

Lately my volunteering has taken a more creative turn. In the last four years I am qualified as a florist (my original calling was as a horticulturist, which I still do, working one day a week at a local public school as the gardener!). So once a month, on the fourth Friday of the month, I set off very early for the Sydney Flower Markets in Homebush, where I buy a lovely selection of flowers which I then prepare and bring into Ashburn House. Many of our residents love to come down to the theatre room to spend a bit of time arranging these flowers into the vases provided. They are then able to take back these beautiful creations to their rooms for them and their visitors to enjoy over the next week. Each month I try to choose different colours and flower types, but I would have to say the brightest colours are loved the best by the residents! So if you love flowers, and would like to share this experience, make sure the staff know you or your loved one would like to come along.

Volunteering is a very fulfilling and fun thing to do.

Over the years I have gradually got to know more and more of the staff and residents, and I love having the opportunity to cheer someone's day up either by making coffee for them, having a chat, or helping them in their flower-arranging!



Read, Rest & Relax!



Interesting Winter Olympics Facts

PyeongChang 2018 Winter Olympics

Location
average elevation **700m**
population **43,000**
180km east of Seoul

Events
259 events | 102 sets of medals made | 15 venues | 13 sports

February 9-25, 2018

emblem: the emblem represents the meeting of **heaven** and **earth** as well as **ice** and **snow**

mascot: Soohorang is a friendly **white tiger** mascot used to promote the games

slogan: Passion. Connected.

Countries
84 countries with at least 1 athlete qualified
Eritrea, Kosovo, and Malaysia are set to make their Winter Olympic debut
2 North Korean athletes have been given permission to cross the **demilitarized zone**

Events
9 sliding events (luge, skeleton, bobsleigh)
32 ice events (figure skating, speed skating, short track speed skating, curling, ice hockey)
61 snow events (freestyle skiing, biathlon, snowboard, alpine skiing, ski jumping, nordic combined, cross-country skiing)

Evolution of the Winter Olympic Torch

People from all walks of life carry the Olympic Torch for 200m, to convey a message that embodies the exalted ideals of the Olympic movement

1952 Oslo Norway	1956 Cortina d'Ampezzo Italy	1960 Squaw Valley U.S.	1964 Innsbruck Austria
1968 Grenoble France	1972 Sapporo Japan	1976 Innsbruck Austria	1980 Lake Placid U.S.
1984 Sarajevo Yugoslavia*	1988 Calgary Canada	1992 Albertville France	1994 Lillehammer Norway
1998 Nagano Japan	2002 Salt Lake City U.S.	2006 Turin Italy	2010 Vancouver Canada
2014 Sochi Russia	2018 PyeongChang South Korea Torch represents Earth's five continents through repeated use of star motifs, which also resemble consonant of second syllable of Korean character for PyeongChang		*Now Bosnia and Herzegovina

Pumpkin Scones

- 2 cups self-raising flour
 - 1 tablespoon caster sugar
 - Pinch of salt
 - 60g butter, chilled, chopped
 - 1/2 cup buttermilk
 - 1/2 teaspoon ground nutmeg
 - 2/3 cup mashed cooked butternut pumpkin (see note)
 - Extra buttermilk, for brushing
- Makes 12



Note: You will need 300g peeled, chopped, butternut pumpkin to make 2/3 cup mashed cooked pumpkin.

Line a baking tray with baking paper.

1. Preheat oven to 220°C/200°C fan-forced.
2. Sift flour, nutmeg, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.
3. Make a well in centre of mixture. Add buttermilk and pumpkin. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.
4. Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm fluted-edge cutter, cut out scones. Press leftover dough together. Repeat to make 12 scones.
5. Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12-15 minutes or until golden and hollow when tapped on top. Serve with butter, ricotta or cream cheese.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Old Occupation Quiz

Test your knowledge of these extinct occupations and see how many you can get right.

1. Paperhanger

- a) Someone who installs wallpaper
- b) Someone who sells papers from a news stand
- c) Someone who assists in the papermaking process by hanging wet paper to dry

2. Tanner

- a) Someone who professionally tans
- b) Someone who makes leather
- c) Someone who creates tanning dyes

3. Wharfinger

- a) Someone who owns and operates a dock
- b) Someone who creates casts for fingers
- c) Someone who operates a nail polish factory

4. Electrotyper

- a) Someone who is in charge of recording telegrams
- b) Someone who sends messages electronically
- c) A person who creates letter printing molds

5. Stevedore

- a) Someone who cooks hors d'oeuvres
- b) Someone who loads and unloads ships when they come to port
- c) Someone who tailors suits

6. Ragpicker

- a) Someone who collects and sells rags
- b) Someone who works in a rag factory
- c) Someone who specialises in picking fine dining equipment

7. Drayman

- a) Someone who operates an elevator at a hotel
- b) Someone who manages a group of maids
- c) Someone who drives a wooden wagon

8. Bootblack

- a) Someone who polishes shoes
- b) Someone who carries out punishments at local jails
- c) Someone who sells black leather boots

9. Drover

- a) Someone who drives buggies
- b) Someone who herds livestock long distances
- c) Someone who oversees store's inventory

10. Furrier

- a) Someone who resells fur in bulk
- b) Someone who works with fur clothing
- c) Someone who professionally grooms animals

11. Refectory Keeper

- a) Someone who oversees a dining hall
- b) Someone who oversees a refinery
- c) Someone who repairs mirrors

12. Diesinker

- a) Someone who crafts German chocolate
- b) Someone who manufactures a type of lead
- c) Someone who engraves dies for stamping

13. Smelter

- a) Someone who creates smelt for buggies
- b) Someone who melts metal from ore
- c) Someone who crafts automobile equipment

Great job! Now let's find your score:

1-3 Keep your day job . . .

4-7 Not bad! You're an amateur historian!

8-10 Impressive - you really know your stuff!

11-13 Did you time travel from the 1800s? You're a pro!

Answers:

1. a 2. b 3. a 4. c 5. b 6. a 7. c

8. a 9. b 10. b 11. a 12. c 13. b