

Christadelphian Aged Care

2019 AUTUMN NEWSLETTER

ASHBURN HOUSE

Address: 20-34 Ashburn Place, Gladesville **Phone:** (02) 8876 9200 **Email:** admin@chomes.com.au

*Light breeze,
colourful leaves
bare trees...
it must be
Autumn!*



“GOD MAKES
EVERYTHING

beautiful
IN HIS TIME”

ECCLESIASTES 3:11



Manager's Message

Dear Residents and Families,

I'm Donna Sunderland the new Director of Consumer Care and Services and I commenced 12th February 2019. I am a very experienced residential aged care manager, bringing both knowledge and skills to this position.

We said goodbye to both Stephen and Joseph in January and these positions are currently being recruited. We wish them both the best of luck. We also welcome Maged as our new Maintenance Officer. Whilst there have been some staff changes, please be reassured the Care staff, Registered Nurses, Lifestyle and Administration staff have not changed.

It has been a very busy time for staff with the implementation of new policy packages which also include guidelines and procedures to support our staff to achieve best practice resulting in better outcomes for our residents.

Resident & Relative Meeting agendas and the minutes of these meetings are displayed on the noticeboards. Please advise us if you would like these emailed to you. If you wish to add anything to the agenda, please speak to one of our RAO's. We have had requests from families to alternate the days the meetings are held to allow them to attend. The new schedule will be displayed and sent out shortly.

Residents have also had sleep assessments done with preferred sleep settling and waking times noted for staff to be aware of.

A reminder our in house Allied Therapy eg Podiatry is paid by us.

There has been ongoing issues with the air conditioning. This has now been brought forward and is planned to commence when the weather is cooler as there will be no air conditioning during this time. Residents and families will be advised closer to the time.

Don't forget clothes labelling is now free.

There are new brochures and posters in the entry foyer regarding raising a concern or complaint or to provide feedback. These forms may be deposited confidentially into the Suggestion chute at the Reception Desk or personally handed to Senior Managers. Your feedback is important to us and all matters will be handled confidentially. We prefer issues to be addressed internally wherever possible but the contact details for external complaint management are clearly posted on the signage. Please feel free to contact me directly with any concerns or to say hello on 8876 9213.

Kind Regards, *Donna Sunderland - Director of Consumer Care and Services*

News & Upcoming Events



MARCH	APRIL	MAY
Evelyn	Ba	Mary
Patricia	Ann	Janice
	Lesley	Jeanne
	Ethel	Jeanne
	Thomas	Betty
	Gay	Renee
	Helen	James
	Donald	
	Barbara	
	Joan	
	Joan	



UPCOMING EVENTS

MARCH

8th - Entertainer: Greg D

13th - Entertainer:
Roseanne Gallo

15th - Paws Pet Therapy

TBA - Entertainer:
Jazz Kingdom

TBA - Entertainer:
Charles the Dance Tutor

28th - Armchair Travel:
Russia

APRIL

10th - Entertainer:
Roseanne Gallo

11th - Entertainer: Annette

18th - Easter Bunny visit

MAY

8th - Entertainer: Lisa Budin

17th - Entertainer: Greg D

23rd - Masterchef
Cooking Class

24th - Paws Pet Therapy

31st - Entertainer:
Jazz Kingdom



facebook.com/christadelphianagedcare



Keep updated with all the latest news and photos by "liking" us on Facebook!

Activity Reviews

CHRISTMAS

Christmas gift giving amongst our residents was once again a wonderful experience for all. Recipients were given a decorated cardboard bound seasonal chocolate from the Home. We were visited by the "Adopt a Granny" corporate group where individual staff members kindly gave recommended gifts to several residents.

Christ Church Anglican Church choir visited during the week of Christmas as part of their annual carols walk through. Their visit was a delight to many residents and staff.



A major activity which has brought so much laughter was the making of gingerbread houses. Residents participated in the sometimes-disastrous assembly of the gingerbread houses and more so enjoyed decorating once the "buildings" were stabilised on completion.



Activity Reviews

ARMCHAIR TRAVEL



The focus in January was on Australia. We began with the Dreamtime featuring indigenous stories of the beginnings of this great land we live. Bush poetry was recited to the delight of those in attendance along with Australian products shown and spoken about along with singing favourite Australian songs including "Click go the shears", "Waltzing Matilda", "I am Australian" and the old slim Dusty favourite "Pub with no Beer".

AUSTRALIA DAY

Proud to be Australian and proud to call Australia home, we held an Australia Day function at Ashburn House. LLO staff decorated Ashburn house in Aussie colours with pictures, flags and balloons. They also dressed up in Aussie colours. Ashburn House started the day listening to beautiful Australian country music, followed by special BBQ lunch. During the BBQ lunch, LLO staff played all the well-known Aussie songs.

On the 25th, we celebrated Australia Day with music concerts. Mike Tasma the Entertainer came and sang Australian songs for the Residents in the Cronulla Theatre. We had lots of fun on Australia Day.



FUNNY PUNS



Happy Birthday



Valerie



Vera

Resident Story - Verlie



Verlie is a true local resident as she has been born and raised in Gladesville and has spent all of her life in the area. She is the youngest child in her family with four elder brothers and three elder sisters. She lived with her sister Dulcie and brother Jim before she joined our community here at Ashburn House.

Verlie completed her studies in Gladesville Public Primary School and Riverside Girls High School. After graduating from high school at the age of 16, Verlie started working at a millinery in the city.

She really enjoyed this role and continued to make handmade hats until she retired at the age of 50. Verlie also took some work at Gladesville Hospital in the uniform department sewing and fitting uniforms for the hospital staff members.

Verlie has travelled all around Australia with her family and friends. She remembers her father often taking the whole family to Middle Harbour on their family boat. Some of Verlie's favourite trips include travelling with her cousin on a cruise from Sydney to Perth, travelling on the Indian Pacific Railway and a visit to lovely New Zealand.

Verlie reminisces her childhood walking along the paddy fields to school with her siblings and how they liked to stop at the Gladesville Milkbar on Victoria Road. Gladesville used to be a very quiet neighbourhood with only a few shops and people around while she was growing up. Gladesville has indeed changed a great deal over the years.

One of Verlie's fondest memories was dancing on Saturday nights with her girlfriends in the nearby Drummoyne.



Staff Profile - Wilbert

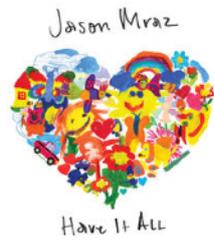


Hello everyone! My name is Wilbert Espina, everyone calls me Wil. I recently started with Ashburn House in December 2018 as the Clinical Manager and am very happy to be here.

I grew up in Cebu City of Central Philippines. I graduated from Nursing in 2006 and was originally working in Obstetrics and Paediatrics. I migrated to New Zealand in 2010 where I stayed for 7 and a half years. I have worked with aged care since then and am loving it. I was a Registered Nurse before I took up the challenge of being a Clinical Coordinator. I immigrated to Australia in February 2018 when I became Assistant Care Manager in another aged care facility and now with Ashburn House.

Working in Aged Care for the last 8 years, I come to realise that this is my calling. I like spending time with people and enjoy chatting with them. I must confess I was a Nana's boy. I loved her company and listening to her stories. I am very happy where I am now and the industry, I am working in. I endeavour to meet the expectations of Ashburn House residents. I am looking forward to getting to know everyone here.

Pastoral Care



HAVE IT ALL

There is a song that seemed to have been played a lot on the radio at the end of 2018 – “Have It All” by Jason Mraz. A couple of lines stood out: “May the best of your todays, Be the worst of your tomorrows”.

The song is aimed at young people, and also includes the line “may you be as fascinating as a slap bracelet” (if you don’t know what they are then you’re probably older than Mraz’ target audience!) The song makes me think of my daughter, her struggles of growing up and her hopes for the future. But I wondered if there was more than this. Could the blessing above still be appropriate in the later stages of life? Can we still expect that our tomorrows will be better than our todays?



The answer to this all depends on how you characterise what makes something better or worse. With age, there often comes ill health and physical or mental challenges – but it can also come with the freedom to do what is important to you and to spend more time with family and friends. It can be a time when you experience concrete examples of love and care. It can be a time for reflecting on what has been achieved, on the many connections that have been made, and lives that have changed.



As the title of the song suggests, there is the desire in life to have it all. Age brings with it the opportunity to reflect on what you have had – not simply materially but more importantly the experiences and the relationships you have had. Two more lines from the chorus are “here’s to the lives you’re gonna change, here’s to the infinite possible ways to love you”. This is what it means to “have it all” – to meet people, to fall in love, to make friendships that last lifetimes.

Our worst days are when we feel overwhelmed and unable to cope with whatever challenge faces us. Our best days are when we feel loved, valued, safe. Regardless of circumstance, each new day provides us with an opportunity to make our loved ones feel exactly that – loved. And with that love there comes the opportunity to bring some comfort, a smile, an act of kindness.

The last chorus finishes with:

*“Here’s to the good times we’re gonna have
Here’s to you always making me laugh
Here’s to the fact that I’ll be sad without you
I want you to have it all.”*



May we take each day to show the “infinite ways to love”, remember our blessings and continue to make memories which can carry us on through the times which remain – be they happy or sad.

By Nerida O’Neill

Volunteer and Pastoral Care Coordinator, Ashburn House

Bereavements

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



Volunteer Corner



A big Congratulations to Tiana – she has been accepted into Griffith University to study Medicine! Unfortunately, this means she has had to stop volunteering here, as she moves to the Gold Coast. Tiana has done a fantastic job for us with the library cart. We will miss her but wish her all the best in her studies.

Flower Arranging is back this year, as is our bingo and games afternoons, all run by our lovely volunteers. We welcome back Charlie on Wednesdays this year.

A big congratulation to our parish priest Father Kevin Bates from Holy Name of Mary Parish on receiving an Order of Australia Medal for his many years of contribution to community and music.



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

*Dear Nurse,
You cover me with blankets
Of compassion
And wrap me with bandages
of consideration
You console me,
And hold me,
And work tirelessly to release me
from pain and disease.
You're an agent of healing when
sometimes I'm feeling so low.*

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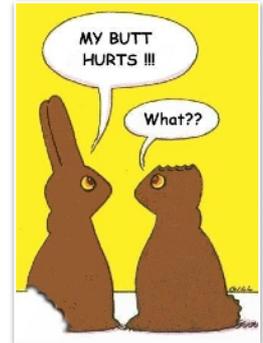
TODAY
WILL NEVER COME AGAIN.
Be a blessing.
Be a friend.
Encourage someone.
Take Time To Care.
**Let your words heal,
and not wound.**

Read, Rest & Relax!



INTERESTING & FUN FACTS ABOUT EASTER

- Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
- In Australia, the Easter Bunny is widely controversial due to the damage rabbits cause to crops. Many prefer to purchase a chocolate Easter Bilby instead with profits from many sales going to support bilby conservation projects.
- The first story of a rabbit (later named the “Easter Bunny”) hiding eggs in a garden was published in 1680.
- Eggs have been seen as an ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
- When people gorge on a chocolate Easter bunny, 76 per cent bite off the ears first, 5 per cent go for the feet and 4 per cent opt for the tail.
- The name Easter owes its origin to Eostre or Eastre, an Anglo-Saxon goddess of light and the dawn who was honoured at pagan festivals celebrating the arrival of spring.
- The custom of giving eggs at Easter has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, for whom the egg was a symbol of life.
- Chocolate Easter eggs were not introduced until the early 1900s. Before the exchanging of chocolate eggs, gifts consisted of decorated chicken eggs and stuffed hollow cardboard eggs.
- Some believe that the cross on a hot cross bun is a symbol of the cross Jesus was nailed to, but in fact, the Anglo-Saxons ate these buns, decorating them with a cross to symbolise the four quarters of the moon. In English folklore, it is believed that hot cross buns would help an ill person get better. They may not be a cure to any illness, but they will certainly put a smile on your face.



Chewy Anzac Biscuits

- 1 cup rolled oats
- 1 cup plain flour
- 2/3 cup brown sugar
- 2/3 cup desiccated coconut
- 125g butter, chopped
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda



(Makes 24)

1. Preheat oven to 160°C/140°C fan-forced. Line 3 baking trays with baking paper.
2. Combine oats, flour, sugar and coconut in a bowl. Place butter, syrup and 2 tablespoons cold water in a saucepan over medium heat. Stir for 2 minutes or until butter has melted. Stir in bicarbonate of soda. Stir butter mixture into oat mixture.
3. Roll level tablespoons of mixture into balls. Place on trays, 5cm apart. Flatten slightly. Bake for 10 to 12 minutes or until light golden*. Stand on trays for 5 minutes. Transfer to a wire rack to cool completely. Serve.

**For crisp Anzac biscuits, cook for 15 to 16 minutes.*

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



EASTER TRIVIA

1. How do the majority of children eat their chocolate bunnies?

- a) Broken into pieces
- b) Tail first
- c) Ears first
- d) Feet first

2. How did eggs come to be associated with Easter?

- a) Edible treat easy to decorate
- b) Came from a chicken that is a symbol of Easter
- c) Because it was inexpensive
- d) It was considered a symbol of life

3. What is the most popular jellybean flavour?

- a) Cherry
- b) Strawberry
- c) Lime
- d) Grape

4. What kind of bread is associated with Easter?

- a) Bagel
- b) Hot Cross Buns
- c) Banana Bread
- d) Biscuit

5. What is the name for the traditional Ukrainian craft of egg decorating?

- a) Scratched eggs
- b) Etched eggs
- c) Psysanka
- d) Paschal eggs

6. From which country was the Easter Bunny brought to America?

- a) Italy
- b) Germany
- c) Ukraine
- d) Hungary

7. The Easter Bunny was not a rabbit at first. What was it?

- a) a Dove
- b) a Hare
- c) a Cat
- d) A Possum

8. Where is the world's largest collection of Easter eggs?

- a) Poland
- b) Ukraine
- c) Canada
- d) United States

9. On which day is a tradition to make pancakes?

- a) Ash Wednesday
- b) Easter Monday
- c) Good Friday
- d) Shrove Tuesday

10. Which flower is associated with Easter?

- a) Rose
- b) Dahlia
- c) Tulip
- d) Lily

11. Where is the world's largest decorated Easter egg?

- a) Canada
- b) United States
- c) Germany
- d) Ukraine

12. What are the Easter colours?

- a) Pink and Purple
- b) Yellow and Pink
- c) Purple and Yellow
- d) Green and Purple



Answers: 1. c) 2. d) 3. a) 4. b) 5. c) 6. b) 7. b) 8. a) 9. d) 10. d) 11. a) 12. c)