



Newsletter

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MANAGER'S MESSAGE

Hi, my name is Jing Cui. I have worked for over five years in the management of Residential Aged Care Facilities before taking the role of Director of Consumer Care and Services at Ashburn House in December 2021. Since starting here, there have been some challenges which I have been working through with the team at Ashburn House.

During the COVID outbreak in January 2022, I was proud of the staff's dedication to residents' care, communication, and the efforts we made to control the outbreak within the expected duration. With COVID still spreading in the community, the risk of an outbreak occurring remains high, so I ask visitors to cooperate with the COVID screening procedure requested by Christadelphian Homes and NSW Department of Health.

In addition, I am keen to enrich the activities run by our Leisure and Lifestyle staff for the residents at

Ashburn House. Some recent examples include the ceremony for Australia Day, celebrations for Chinese New Year and Valentine's Day which have brought enjoyment to our residents in Ashburn House. I appreciate our willing volunteers, who have contributed to our residents' social life and activities.

I look forward to the coming year and meeting all our residents and their families. I will be available to listen to suggestions and feedback and respond to them in a timely manner. I hope, based on your suggestions and our staffs' efforts, our residents will enjoy a warm, safe, and home-like environment in Ashburn House.

Kind Regards, **Jing Cui**

- Director of Consumer Care & Services



Upcoming Events

MARCH

- 1 First Day of Autumn
- 2 Residents Advocate Meeting
- 8 International Women's Day
- 17 St Patrick's Day
- 25 Greek Independence Day

APRIL

- 10 Palm Sunday
- 15 Good Friday
- 17 Easter Sunday
- 24 High Tea
- 24 Orthodox Easter Sunday
- 25 Anzac Day
- 30 International Jazz day

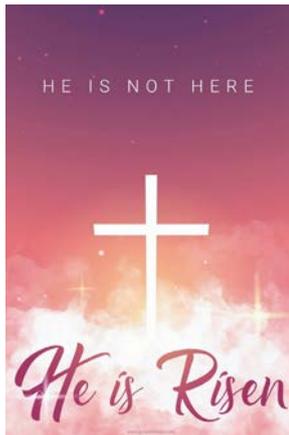
MAY

- 1 May Day (China)
- 10 Mother's Day Celebrations
- 12 International Nurses Day



For all the latest news and photos follow us on Facebook

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MARCH	APRIL	MAY
Mollie B	Ann L R	Janette I
Barry M	Wenfang (Wendy) X	Eileen B
	Donald S	Renee P
	Nanette F	Donald M
	Graham T	Lun Z
	Gregory W	
	Joan F	
	Joan C	

Activity Reviews



CHRISTMAS CELEBRATIONS - Ashburn House residents had a few Christmas events including Christmas decorations day and a Christmas Party Lunch.



Bereavements

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



Activity Reviews



Ashburn House residents are enjoying the activities and celebrations held within the facility, especially now after the long isolations and lockdowns. We started the year with Australia Day celebrations on the January 25, then we celebrated Chinese New Year.

CHINESE NEW YEAR - We decorated Ashburn House and gave out gifts to the residents.



VALENTINE'S DAY - On February 14, we celebrated with a special Valentine's Day morning tea in the Cronulla Theatre. It was nice to see all the residents socialise and enjoying the festivities.



Resident Story

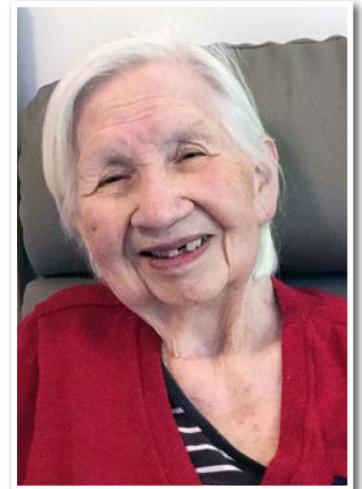
Eric & Lynette Lee



Eric, 92, was born in Papua New Guinea after his family migrated from China. He is the eldest of eight children. During his teenage years, he had to help his mum search for food to provide for the family. He is a welder by profession and enjoyed playing baseball, rugby, mahjong and going fishing in his spare time. Eric enjoys connecting with his fellow residents by attending bingo, bus trips and other group activities of his choice. Eric enjoys the warm company of his wife Lynette who lives with him in the same room. Eric is of Methodist faith and has recently validated his religion in his ageing journey. Eric likes saying the Lord's prayer and reading the bible with his wife and the pastoral carers whenever he receives visits from them.

Lynette, 90, was born in China and her family migrated to Papua New Guinea when she was approximately six years old. She is one of six children. She enjoyed cycling, camping, and going on picnic with friends and family. Between looking after the family at home, she managed their convenient store. Lynette likes attending group activities with her husband Eric, such as bingo, bus trips and others of her choice. Lynette appreciates the pastoral care visits that she and her husband receives to facilitate their spiritual needs. Lynette has a strong bond with her husband Eric whom she loves very much.

Lynette and Eric are loved and well respected by their two children and five grandchildren, and staff of their home in Ashburn House.



Staff Profile

Danica Koevskagens

LEISURE AND LIFESTYLE COORDINATOR – TEAM LEADER

Hi, I am Danica Koevska, the new Leisure and Lifestyle Coordinator – Team Leader. I am so excited to be joining the team at Ashburn House.

I have been working as a Diversional Therapist and Lifestyle Coordinator for over 25 years in Aged Care facilities around Sydney.

I migrated to Australia from Macedonia more than 30 years ago.

My husband Ilija and I have three daughters, who now are building families of their own. We have three grandchildren: two boys and one girl, with another boy on the way.!

Our second daughter lives in America - San Francisco with her fiancé. We are currently planning her wedding for the beginning of next year.

I am looking forward to getting to know the team and the residents here at Ashburn House.





Ashburn House Resident & Representative Meetings

2022

You are Invited ♥

All meetings will be held on the **last Wednesday** of the month at **10.30am**.

- **March 30th**
- **April 27th**
- **May 25th**
- **June 29th**
- **July 27th**
- **August 31st**
- **September 28th**
- **October 26th**
- **November 30th**
- **December 28th**

**WE HOPE
YOU CAN JOIN!**

YOU ARE INVITED TO ATTEND OUR MONTHLY RESIDENT & REPRESENTATIVE MEETINGS

Meetings will be via Microsoft Teams, a link will be sent a couple days prior to each meeting.

By joining our monthly Resident & Representative Meetings you will get the opportunity to hear the latest news and developments happening in your Care Home.

We welcome your thoughts and ideas. This feedback will help us to continue to meet the needs of our residents and provide the outstanding service you have come to expect.



VALUE IN THE EYES OF GOD

GENESIS 1:26-31, PSALM 8:1-6, LUKE 6:20-26

The world has certain ways of determining one's worth or value in life. Usually, our worth or value is judged by either;

- i. The people we associate with, and how we relate with others
- ii. By what we have achieved or accomplished, by the things that we have or have not attained in life
- iii. By our material possessions like cars, houses, jewellery, and bank accounts

So how do you see your self-worth or your true value? Because if it is determined by the standards of the world, and how our true value is perceived, then we have a problem. Because what happens when you are no longer in the spotlight, and what happens when suddenly everything is taken away from us and we are left with nothing. No status, no friends and no titles plus no value or self-worth. You are no longer valuable in this world.



But the good news is, that's not how God sees you. The word of God says you are valuable, no matter what stage in life you are in right now. The Bible tells us that we were created in the image of God. And we carry and take that with us wherever we go right from the day that we were born. Each and everyone of us is different and unique in their own way that God created them to be.

You are worthy and you are valuable, but also realise that there are those around us that are also just as valuable. God wants us to know that we are made in his image to reflect God's love, peace, joy and forgiveness to the world.

Now if there was ever a human being worth something it was Jesus. Jesus knew his worth, he knew he was the Messiah, he knew he was the son of God. And yet we see him, teaching, preaching, healing, performing miracles and so forth. Jesus understood that in his Father's eyes, he was valuable. He didn't need other's approval. He had his Heavenly Father's approval.

Life will do its best to cast us down and cause us to doubt ourselves and to even doubt God. It will try to convince us that we are for the most part worthless and insignificant. But we know the truth, God sees value in all of us. You are a masterpiece of God's creation. Sometimes we do not feel worthy, but if we hold on to God's promise that he will never leave nor forsake us, that will surely give us peace that surpasses all understanding, and how God sees us matters more than how the world sees us. You are a child of God, and you worth more to God than you know. You are loved. God bless you all. In the name of Jesus, Amen.

By Tanya Pualilo - Spiritual Care Coordinator, ASHBURN HOUSE

*"For we are God's
masterpiece.
He has created us anew in
Christ Jesus, so we can do
the good things he planned
for us long ago"*

- Ephesians 2:10



*"Therefore, if anyone is in Christ, the new creation
has come. The old has gone, the new is here."
- 2 Corinthians 5:17*

*"He predestined us to sonship through Jesus
Christ, in accordance with his pleasure and will."
- Ephesians 1:5*

Volunteer Corner

By TANYA PUALILO

A heart felt gratitude and big congratulations to our volunteers for the marvellous job they did in helping with the preparations for Ashburn House special events celebrations.

On behalf of Ashburn House, I acknowledge our volunteers Catherine Poulter and Aster Haskas with the Christmas decorations, Rhonda Selke with the Australia Day and Valentine's Day celebrations. We could not have done it without their brilliant ideas and help to make Ashburn House a better home for our residents.

I am also grateful for our pastoral care team who continue to nourish the spiritual lives of our residents in all various denominations. You are all blessings to our Ashburn Home, thank you for your continuous support every week, it means a lot to our residents and staff.



be still
AND KNOW THAT I AM GOD.
PSALM 46:10



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

Tanya Pualilo
SPIRITUAL CARE COORDINATOR

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p: 9101 5508



INTERESTING EASTER FACTS

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as ancient symbol of fertility. Christians consider Easter eggs to symbolise joy and celebration, new life and resurrection.
3. The traditional act of painting eggs is called Pysanka.
4. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
5. The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolises hare and egg
6. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.
7. Easter is celebrated at different times by Eastern and Western Christians. That's because the dates for Easter in Eastern Christianity are based on the Julian Calendar.



ANZAC DAY
LEST WE FORGET
25 APRIL

SYMBOLS OF ANZAC DAY



Red poppies were first sold to raise money for people made disabled by war.



Rosemary is pinned to a person's clothes and is for remembrance.



Jack Simpson carried wounded soldiers even in enemy fire. He was killed in 1915 and was only 22. He symbolises bravery.



Medals are awarded for bravery. The Victoria Cross is the highest award.



Nachos Lettuce Cups



Prep: 15 min Cook: 10 min Serves: 8

Ingredients

- 1 tbsp extra virgin olive oil
- 1 small brown onion, finely chopped
- 250g chicken mince
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 125g can kidney beans, drained, rinsed
- 8 butter lettuce leaves
- 100g white tortilla strips, coarsely broken
- 125g can corn kernels, drained, rinsed
- 1 cup finely shredded red cabbage
- 100g red Leicester cheese, grated

To Serve

- Long green chillies
- Chilli sauce
- Fresh coriander
- Lime wedges
- Avocado dip

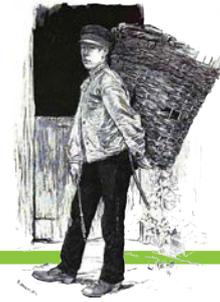


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add beans. Cook for 1 minute or until heated through. Remove from heat.
2. Place lettuce leaves on a large serving platter. Fill with tortilla strips, chicken mixture, corn, cabbage and cheese. Top with chilli, chilli sauce and coriander. Serve with lime wedges and avocado dip.



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. Electrotypewriter

- 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

