

Christadelphian Aged Care

2018 SPRING NEWSLETTER

ASHBURN HOUSE

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Manager's Message

Welcome to Ashburn House

*This is the day
the Lord
has made,*

*We will
rejoice and
be glad
in it.*

PSALMS 118:24

Thank you for being so patient and understanding about our Catering and Laundry service outsourcing. Ashburn House is working very closely with Sodexo to ensure we are providing good quality food and great meal service.

It is still the season for flu and gastro - if you have been exposed to it or have any flu-like symptoms, please DO NOT come to visit the residents in Ashburn House until you are clear from the symptoms for at least 48 hours.

A season change always means a wardrobe check, so please check your loved one's wardrobe for some light clothes, and purchase clothing labels from our reception area to label any clothes brought in for residents. Also check the lost property for any missing garments when you are visiting. The display of lost property is located in Lower Ground, Activity Room.

We remind all visitors that to ensure the security of the building, please do not open the door for anyone you don't know, and ask staff for assistance if you are unsure.

We are introducing the AART service to residents and families. Please see the poster in the newsletter for more information. The next Resident and Relatives Meeting is on September 21, and we will have a GP to come and talk about the AART service.

Kind Regards, **Yan Li**



my favourite weather is bird-chirping weather

- Terri Guillemets



Growing Physical and Psychological Well-being in Residential Aged Care Facilities



Residential Aged Care Facilities in the Ryde and Hunters Hill areas are bursting with great initiatives and fun ideas for residents, families, and friends.

Providing a diverse range of social activities is paramount to resident's well-being. Research has shown that encouraging participation in various pursuits improves mental and physical health. Getting involved helps residents maintain independence longer, reduces the risk of falls, and has lasting psychological benefits.

Here are some of our residents enjoying getting involved in their new homes!

Thanks to the following:

Ashburn House, Clermont Aged Care, IRT Woolwich, Montefiore Hunters Hill, New Horizons, Opal Fernleigh, Twilight Gladesbay/Hunters Hill, San Antonio da Padova, Southern Cross Marsfield, St Anne's Aged Care and St Catherines.



News & Upcoming Events



SEPTEMBER	OCTOBER	NOVEMBER
5 Joan W	1 Margaret C	3 Michael W
6 Lorna D	6 Maria C	6 Heather M
19 Jean B	15 Diana S	20 Robert R
9 Dorothy V	19 Brenda T	25 Felicidad G
11 Jose F	21 Arlie V	30 Cecily C
16 Mollie L	24 Elenita C	
21 Gulbudean P	25 Beverley E	
22 Naomi G		
25 Lan Ma		

UPCOMING EVENTS

SEPTEMBER

12th - Entertainment:
Lisa Budin

14th - Pet Therapy

20th - Entertainment:
Shoba Ingleshwar

28th - Entertainment:
Selwyn King

OCTOBER

5th - Entertainment:
Miss Eleni

10th - Entertainment:
Roseanne Gallo

12th - History Talk: Angela

19th - Entertainment:
Fiona

26th - Paws Pet Therapy

31st - Halloween Dress
Up Day

NOVEMBER

7th - Diwali Celebration
of Lights

14th - Entertainment:
Roseanne Gallo

16th - Entertainment:
Miss Eleni

30th - Charles the
Dance Tutor

We're now digital!



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

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

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

Activity Reviews

MASTERCHEF COOKING CLASS

Master Chef is one of our popular activities and much anticipated event for our Ashburn House residents. Master Chef in June saw us make cheese potato toast. We invited all our residents to the Fitzroy Dining Hall to take part in the preparation of the toast. All our residents liked the toast very much with many compliments that they were very tasty and yummy. Also served was tea, juice and lemonade.

Coincidentally, that day was one of our resident's birthday. To make her birthday more special, we cut her cake and sang a very hearty Happy Birthday song. Moreover, we spoke with the residents about different kinds of foods from a variety of countries.

Our residents are delighted with the Master Chef session and look forward to the food item in the next Master Chef activity. We will continue to delight our residents again in next Master Chef event.

CRAFT ACTIVITY

Resident in Ashburn House enhance their creativity with paper crafting. Residents and Lifestyle staff made a beautiful paper chain, ornaments and lanterns made from paper candy bags for Christmas in July celebrations. There was great social interaction with fellow residents during the activity.

MUSICAL HIGH TEA

Each month, Ashburn House has a special day for High Tea with our most recent one being a Musical High Tea theme conducted by Leisure & Lifestyle staff and volunteers in Minnamurra Lounge. All residents present were delighted with the variety of finger foods on offer - sandwiches, cakes and dainty petites. Everyone had great time!

Betty Byrne turns 102!



Lovely Resident Betty Byrne has turned 102 with a celebration held with family, staff and residents.

Betty was thrilled at the attention and amazed she has had the good fortune to celebrate this momentous milestone in her life.

Betty continues to enjoy chats with staff and being accompanied about our lovely gardens which remind her of her florist days and opens up many channels of conversation with her.

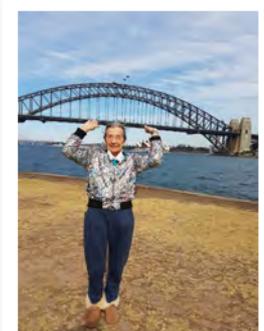
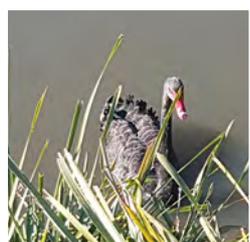


Activity Reviews

WEEKLY BUS OUTINGS

Every Tuesday, we go out on two scenic bus trips anywhere over Sydney. How fortunate we are to live in such a beautiful city and are able to visit many historical places and scenic vistas.

We stop for morning and afternoon tea while talking about the history and for some, reminiscing the various places we visit. Many residents recall being taken to places as a child with their families, with one such place being the popular Balmoral Beach. Other lovely favourites include Clontarf Beach, Maroubra, Clovelly, Lavender Bay, Blues Point, North Head near Manly and Centennial Park to name a few.



Activity - Photos



Happy Birthday 



Pet Therapy



Resident Story - Joan Bartlett



Joan Margaret Bartlett was born on January 5, 1929 at West Ryde. She is the wife of Ron and mother to their children Phillip and Pauline. Joan was educated at Ryde Public Primary School and then Riverside Girls High School. Her lifelong hobbies are cooking, sewing, embroidery and knitting.

On completion of her schooling, Joan decided to enter the nursing profession at Ryde District Soldiers Memorial Hospital. However, after a while Joan decided to give up nursing as she was not tall or heavy enough to handle the manual equipment required for nursing in those days. After a lot of thought, Joan took a year off from work to study stenography and secretarial management at the renowned Miss Hale's Private School of Business Management, where she obtained

certification with credit by the Incorporated Phonographic Society of Australia. Back to the work force, her first position was the Private Secretary to the Chairman of The Australian Wool Realisation Commission. This was tremendous change to the physical requirements with the historical equipment and conditions nurses faced in those days. Joan found secretarial work more challenging with emphasis on mental alertness, time management, and perfection in presentation while paying attention to details of what else might be required during long hours of taking notes of Board Room meetings.

After a considerable period of time, the wool industry changed and Joan decided to move on. Her next position was the Private Secretary to the Chairman of the NSW Mines Department. The day-to-day work was similar except it was about rocks, not wool. She worked there until the Chairman retired. The day of his retirement came and Joan was asked to choose something as memento. She spent quite some time having a last look at the rocks on her desk and around the room. Joan chose one which she had always liked and was closest to her heart. It was a rock sample with history. The rock had travelled greatest distance around Australia but was unable to be identified by numerous people until it came to the Chairman. He explained to Joan its history in detail, and emphasised that this material would cause turmoil and trouble around the world in years to come. The rock was given to Joan in appreciation for her years of devotion as his secretary. It was the original sample of uranium!

Her next job was closer to home. The position was the Private Secretary to the Chairman of a well-known paint company at that time. The first day was a completely different situation to those of previous. The Chairman sat behind a desk inundated with papers, ready to be shuffled again next day. However, things changed next day before he arrived at work. Not only the desk was cleared and dusted, there were a couple of blunt pencils sharpened. He was aware that he now had a private secretary and from then on he had adjusted to the new working arrangement.

When Joan started her family, her world changed. She had swapped the office hours to work 24/7 nonstop unpaid work at home. This was a long term commitment, eventually replaced by a period called relaxation, with work and travel in between.



Continued over page...

Resident Story - Joan Bartlett

Continued.... Of all the countries she visited, the trip to Alaska in 2000 was the one she enjoyed most. The capital city of Anchorage is like an outback country town, with little traffic, wonderful food and accommodation, lots of animals, together with 22 hours of sunlight every day for three months in summer. But in mid-winter, it is 22 hours of darkness and the ground is minus 60 degrees Celsius, which means that sufficient graves must be dug during summer! No one leaves any food scraps outdoors at any time, as it attracts visitors like 2.4 metre tall grizzly bears. After a lifetime of work, Joan now lives with fond memories of the above, together with her two children, three grandchildren and three great grandchildren.



Staff Profile - Punam Karki



Meet our beautiful Punam Karki. Punam started working as a nursing assistant at Ashburn House in August 2017. A young lady of beautiful and caring nature, we are blessed to have her on our team.

Punam was born on October 12, 1993 in the town of Bandipur, which is a tourist town in Nepal. She has three brothers and two sisters. One brother resides in the USA while the other siblings live with their parents in Nepal.

Punam graduated in Nepal, and while living in Dubai, worked at KFC as a cashier for just over a year. She received an award for her work there.

Her favourite hobbies are travelling, dancing and watching movies. Punam is kind and she cares a lot for our residents. She also helps out with the Leisure and Lifestyle staff when they are on leave. She loves to dance with our residents. Her parents are currently in the USA visiting Punam's eldest brother who is working in US Army.



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Pastoral Care

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



I am very grateful in my life to have so much opportunity for conversation and discussion on spirituality. Recently during one such conversation, an acronym for GOD – The Great OutDoors was discussed; this makes me smile.

Spiritual connection and its close ties to the natural world has been present from the beginning of time. It is an essence which spans most religions and spiritual paths, it is the strong spiritual connection to the land which forms the base of our indigenous people's beliefs, as well as Buddhists, Mystics, Hindus and many other faiths and spiritual practises. In Christianity, there is the example of Christ who retreated to the wilderness to recharge and have conscious contact with God, His Father. Christ used examples from the natural world for many of his teachings and parables. In an age where people are more connected to each other than ever before, there has never been a time in history in which people have become more disconnected from the natural world.

For me, taking time to reconnect with the great outdoors and therefore my God, is an essential part of my spiritual life. Stepping out into the bushland which comes up to the boundary of our property, exploring the wilderness with my family or sitting meditating on a rock overlooking the ocean or forest is the time I feel a close connection to the spiritual side of life, which although intangible feels more real to me than any other aspect of life. When I'm in the middle of the bush tucked away from the chaos of the city



where I live, away from society, which for the most part makes little sense to me, I'm brought to a serene sense of peace that surpasses anything I have ever found. Here in this place I feel a sense of connection with the land and its creator, a sense of humility and understanding that all will be well and as it should - everything here has its place, role and time. There is order in the chaos, peace in the noise, serenity in the growth and a great wisdom overshadowing all.

This connection between the natural world and our spirituality as humans is one well worth honouring. During Spring, a time which brings feelings of hope, a time for new beginnings, a time when the natural world around us explodes with energy and new life... take time... connect with this wondrous gift that surrounds us. Many of those we care for, our loved ones, may be cut off due to ill health or age. Take them out - if confined to four walls cut off from creation, take them a flower, a newly budded leaf, open the window so the sound of the baby birds can come in; for everything has its season and spring is the natural world's reminder to all of us that the cycles of life are continuing, all is well, and the Power that holds us all in this beautiful universe is full of love and peace.

By Sherene Noble - Volunteer and Pastoral Care Coordinator, Courtlands

Bereavements

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



Volunteer Corner



The end of June and beginning of July were busy times for volunteers at Ashburn House. We had a couple of Year 10 students from Riverview joined us for a week as part of their Year 10 service week. The boys were able to get to know most of the residents over the five days, and were great help in the Men's Club activity.

The next week then saw the Riverview students on holidays, and the return of their school holiday service program for students from years 7 to 10. The students volunteer for two days as part of this program which gives them a feel for the issues facing older people and the things we do to make the days different and fulfilling for the residents.

We also had a student from Hunters Hill High school with us for the week for her work experience. Her enthusiasm for nursing was encouraged during her time at Ashburn, and she finished off the week by creating our "Christmas in July" themed window display.

Our residents continue to enjoy having a group of Christadelphian young people come each month for the Youth Service, and enjoy the different fruit that they choose for the theme.

Thanks to all our volunteers for their ongoing commitment to the residents at Ashburn House.

Students help with Men's Club



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

Read, Rest & Relax!



SPRING CLEANING TIPS

Finally, springtime is knocking at our door! After winter, we're ready to swing open the windows and let the fresh air flow in. Spring is a season of renewal. Symbolically, it's when nature comes alive again: blooming flowers, baby animals and cleansing rain showers!

Many people grew up with a seasonal tradition: the spring-cleaning. It's an annual reminder it's time to clean house and de-clutter. For seniors, it's a great way to shake the winter blues and reminisce. Many older adults are rejuvenated by the warming weather and sunshine. A cleanup confers health benefits as well: reducing symptoms of respiratory illness and risk for falling. A good cleaning is beneficial both physically and emotionally!



Spring Cleaning To-Do List:

- Clean out bedside drawers and sort books/magazines
- Open windows to circulate fresh air
- De-clutter; remove objects that obstruct the flow of movement through the room such as unnecessary furniture
- Bust dust - don't forget photographs and art on walls, blinds, vents & light bulbs



Lemon & Raspberry Magic Cake

- 4 eggs, separated, at room temperature
- 210g (1 1/3 cups) icing sugar mixture, plus extra, to dust
- 2 teaspoons finely grated lemon rind
- 2 tablespoons fresh lemon juice
- 100g (2/3 cup) plain flour
- 120g butter, melted, cooled
- 600ml milk, slightly warmed
- 1 tablespoon caster sugar
- 125g fresh raspberries, plus extra, to serve
- Double cream, to serve



Step 1: Preheat the oven to 180C/160C fan forced. Grease a square 21cm cake pan and line with baking paper, allowing it to overhang on all sides.

Step 2: Use electric beaters to beat the egg yolks and icing sugar in a large bowl until very pale and thick. Beat in the lemon rind and juice until combined.

Step 3: Beat in the flour until combined. Pour in the butter and beat until well combined. With the beaters on low speed, gradually add the milk and beat until well combined.

Step 4: Use electric beaters with the whisk attachment to whisk the egg whites in a bowl until firm peaks form. Beat in caster sugar until well combined and the mixture holds firm peaks when the beaters are lifted.

Step 5: Use a large spoon to fold a third of the egg white into the flour mixture. Repeat in 2 more batches until just combined (you may have a few lumps). Pour into prepared pan. Sprinkle with the raspberries.

Step 6: Bake for 1 hour or until the cake is set but wobbles slightly. Set aside in the pan to cool completely. Carefully cut into slices and dust with extra icing sugar. Serve with double cream and extra raspberries.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Visual Word Puzzle

Solve these visual word puzzles by looking for clues in the placement, colour or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 00
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

Answers: 1. Adding insult to injury 2. A bit under the weather 3. The ball is in your court 4. Let the cat out of the bag 5. Beat around the bush 6. No one to blame 7. Yellow belly 8. Take from the rich and give to the poor 9. Three blind mice 10. A green eyed monster