

Christadelphian Aged Care  
2017/18 SUMMER NEWSLETTER

# ASHBURN HOUSE

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The angel reassured them,  
"Don't be afraid!"  
he said.

"I bring you *good*  
*news* of great *joy*  
for everyone!

The *Saviour* - yes,  
the *Messiah*, the *Lord*  
- has been born tonight  
in Bethlehem, the city  
of David!



Luke 2:10-11

## Manager's Message

*Welcome to Ashburn House*

Hello All,

Welcome to the last newsletter of the year.

The warm sunny weather has arrived and is welcomed. Firstly, I would like to give a big thank you for everyone's understanding, patience, cooperation and assistance during our flu outbreak. It's important that we remember that all family, friends and staff should postpone visits to our Home if they have any symptoms of a cold, flu or gastro.

I would also like to remind all families to bring light summer clothes to their loved one living at Ashburn House for the hot summer. And please remember to label all the new clothes before they are given to residents. Iron-on cloth labels can be purchased from reception area.

Our residents Christmas Lunch has been set with festivities starting at 12pm. Ground floor residents will celebrate on December 6 and Level 1 residents on December 11.

To ensure seating please RSVP no later than December 1.

For family and friends taking residents out this year on Christmas Day and New Year's Day, if you require a wheelchair, please give us notice as we have limited numbers available.

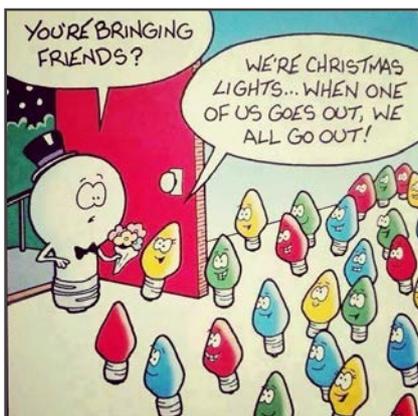
Our Leisure & Lifestyle team is asking family and friends for donations of any suitable, unused presents to Ashburn House for our bingo prize trolley in the new year. Wishing everyone a very happy and safe festive season,  
Warm Regards, **Yan Li**



# News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
7 Valerie K	1 Jordanis	5 Liese S
7 Margaret S	5 Joan B	5 Eric W
10 Daniel O	13 Bozo B	5 Edwin I
22 Vicki K	14 Feng F	25 Beverley H
23 Greta S	22 Ruth P	
25 Tina S	24 Josephine	
	26 Betty W	



  
*Have a  
 Very Merry  
 Christmas  
 and  
 Happy New Year*

## UPCOMING EVENTS

### DECEMBER

**5th** - Entertainment:  
Roseanna Gallo

**12th** - Anglican Carols

**15th** - Entertainment: Fiona

**22nd** - Entertainment: Eleni

### JANUARY

**12th** - Entertainment:  
Peter & Marie

**19th** - Entertainment:  
Marianne Shepherd

### FEBRUARY

**2nd** - Entertainment:  
Dale Ryan

**9th** - Entertainment:  
Lisa Budin

**16th** - Entertainment:  
Greg Dimmocks



[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)



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

# Activity Reviews

## MASTERCHEF COOKING CLASS



A Masterchef Cooking Class was conducted at Ashburn House with the residents making Mini Cream Fruit Tarts with a variety of fruits. This activity offered residents the chance to create something new and enjoy the tasty results. In a previous Masterchef Cooking Class, the residents enjoyed making chocolate chip pancakes.



## BOLLYWOOD THEME DAY

Ashburn House was magically transformed into a Bollywood style venue. It was a very exciting and entertaining day for our residents and staff, with most of our residents and staff getting involved by dressing up in traditional Indian attire. All residents were encouraged to make an Indian pose so that our staff member, Stephen, could take photos.



Bollywood Day was concluded with a great performance by a local entertainer Shoba Ingleshwar and our beautiful staff who danced like Bollywood stars to entertain our residents.



## ASHBURN BUS TRIP

Every Tuesday, Ashburn House residents go for scenic bus trip with Sue, our bus driver, assisted by our RAO Staff. Sue has a great knowledge of Sydney's scenic areas and she has a very good memory of our residents' favourite places.

Our residents always look forward with excitement to our Tuesday scenic bus trips.



# Activity Reviews

## ARMCHAIR TRAVEL - GREECE



Each month, our residents and staff learn about a popular travel destination. This month we decided to learn more about what Greece has to offer.



We watched a documentary about Greece and discussed the culture, food, religion, and interesting attractions the country has to explore. Libby, one of our RAO team members, offered some Greek food for our residents including Greek meatballs, salads, and some yummy dips and crackers.

## 69TH WEDDING ANNIVERSARY - LEN & LOUISE



Two of our residents, Len and Louise, recently reached a milestone by celebrating their 69th wedding anniversary on October 9. Len and Louise were childhood sweethearts and even after all these years, their love for each other remains as strong as ever.

Ashburn House staff and residents joined in their celebration by sharing a bottle of champagne and a delicious cake with Len and Louise's family and friends. The staff would like to wish Len and Louise many more years of happiness together.



## NOVEMBER EVENTS - HALLOWEEN, COCKTAIL PARTY & MELBOURNE CUP

During the month of November, Ashburn House celebrated Halloween, held a cocktail party and hosted a Melbourne Cup Day celebration.



The **Halloween Party** was conducted on November 2 in the Cronulla Theatre. Our staff and residents dressed up in different costumes and a lovely morning tea was provided with delicious cupcakes.

The **Cocktail Party** took place that same evening organised by Ashburn House management and staff.

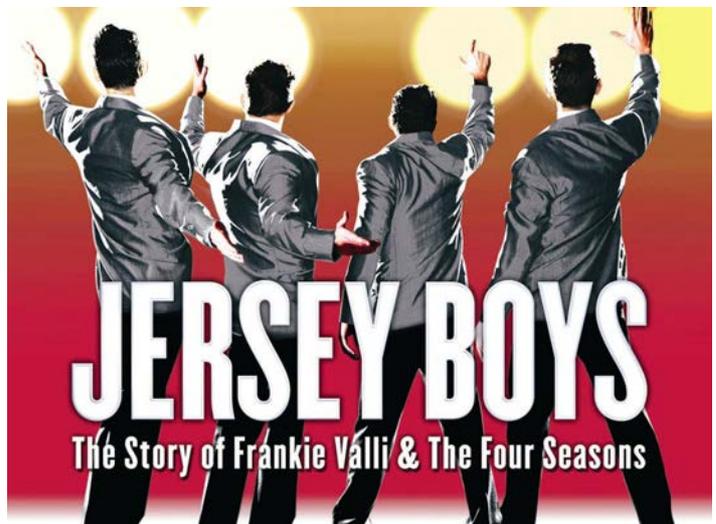
**Melbourne Cup Day** celebration started with sparkling champagne. Residents and staff were attired in their finest 'fashion on the field' outfits. The day concluded with canapés and sweets followed by watching the Melbourne Cup race live on the big screen.



# Activity Reviews

## JERSEY BOYS THEME DAY

You couldn't keep our residents from dancing when Lifestyle staff put on a Jersey Boys and rock 'n' roll themed show at Ashburn House in September! Thanks to the RAO Team and Volunteer and Pastoral Care Coordinator Nerida for their efforts!



# Resident Story - Margaret Snashall



Margaret (Bate) was born on the far south coast where her family were dairy farmers and cheese makers at Tilba. Her grandfather was the local Member of State Parliament and renowned for bringing hydroelectricity to the village from his farm using water from Mount Dromedary. Woe betide anyone in the village – including family – who misbehaved. The power soon cut off!

After local school, she went to Annesley in Bowral as a boarder for nine years and became head girl in 1947. There was an influx of students in the war years and even Kerry Packer was there for two terms in 1943, with girl cousins. Margaret used to regale the family with school tales of how she slept in winter on an open verandah in Bowral!

Her father, Jeff Bate, was also a Member of Parliament and for a time he and his father served together. When he returned from war service they moved to Sydney. In 1949, he entered Federal Parliament and years later married Dame Zara, widow of Prime Minister Harold Holt.

Margaret became a legal secretary and was off to the UK with friends for an eventful two years including hitchhiking around Europe. She even managed a garden party at Buckingham Palace and was dropped off at the gate in a Morris Minor!

She was a good tennis player and played social tennis for many years. She continued her legal work after marriage and also worked for Quadrant magazine.

She married Norbert in 1957 and recently celebrated their 60th anniversary. They lived in Pymble for 43 years and downsized to Huntleys Cove in 2001. The family of four boys are well scattered: Peter in Bangkok, Philip in Singapore, David in Mosman, and Richard in Captains Flat, NSW. They have five grandchildren and their family are frequent visitors to Ashburn. In retirement, they traveled extensively, particularly to family in Asia and spent a lot of time at their Clematis Cottage on Wallaga Lake between Tilba and Bermagui.



## Staff Profile - Sirintra Eric



Sirintra, or Siri for short, is one of Ashburn House's talented kitchen hands and laundry assistants. Born in 1985, she was raised in a family with three sisters and one brother. She attended high school in Thailand.

Before moving to Australia, Siri worked in the hospitality sector as a cleaner. She met her husband in Thailand four years ago and they remain happily married.

Ashburn House is very grateful to Siri for her continued support and good work ethic. She is very friendly and makes every day she works more enjoyable for the residents and staff of Ashburn House.

# Pastoral Care



## MEMORIES

"In England, you know," said my dear old friend, "we used to have parsley with very curly leaves." I have known many Christadelphian Aged Care residents, but this one was special to me: our neighbour who looked after me as a child when my mother was in hospital.



I had brought her some kitchen herbs - parsley, coriander, thyme, basil and so on. I doled them out to her and she greeted them, holding them up to see, smelling them, and trying to recall their names. "It's on the tip of my tongue," she'd say, and I prompted her. "Thyme, of course!" or "Yes, rosemary!" or "Sage, oh yes, you put it in chicken stuffing." The words were like old friends, too, coming back with the memories. She used both types of parsley in Australia, but she remembered England: her father bringing vegetables from his allotment, her life as a single mother when her husband was away in the War. On other occasions she would tell me about myself as a child, sometimes more than I wanted to know.

Now that my own memory is not what it was, I need her example. She was aware of what was happening, and was gracious. "Did I just say that?" she said with a laugh. Many like her are content to live in the moment, but others are less fortunate, worried by the new uncertainties. Recently I woke with a start, anxious about a childhood fact forgotten. Nowadays I could just reach for my phone, press buttons and have the answer. Still, I lay for a while thinking about the anxiety - how unreasonable, yet so real at the time. So I got thinking of 'the homes' and the effort that goes into giving peaceful security to residents, even as far as dementia-aware architecture. I thought of how music is being used in aged care, and of Christadelphian Aged Care's efforts to provide pastoral care appropriate to residents' beliefs and needs.



I hide behind a cowardly joke, appealing to you in tourism talk: "Be moved to see how happy the old folk are when a baby comes to visit! See them love their own grown up children! Be thrilled as people wind back forty or fifty years when given the chance to sing! Marvel at the long patience and good humour of staff! Be amazed by the enduring love of those who visit and visit again!" But joking doesn't help: we need gratitude, duty and love together, bringing their own peaceful happiness.

Every day is different, as health, perception and memory itself vary. Some old folk might not recognise their own family, yet might still connect with them through the words of songs. Others can take you back to an old Australia, with backyard tennis courts, sawdust on the floor of butcher shops, feats of endurance or marksmanship in the bush, or nation-building immigration. Another tells inside stories of old scandals in politics and business, others are happy to talk about their families.

We live with sadness, and regret for words not said or gestures not made, but I have never heard friends or family regret visiting their loved one too often. It is hard to visit, to find time, to get through traffic, to walk in and perhaps see a loved one's deterioration; and it can be terribly hard to say goodbye and take fresh memories straight back out into the traffic - but we will always be glad we did it.

By Bruce Philp, *Volunteer Pastoral Carer, Southaven*

## Bereavements

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



# Volunteer Corner



As detailed in the volunteer profile, our **Art Therapy** has been a great success, with the word spreading among the residents, encouraging each other to attend.



Our final group of **St Ignatius students** volunteered over the first few days of October. A 'games room' was set up in Fitzroy Lounge with scrabble, chess, dominoes and Connect



4. The students and residents had a great time, with the residents coming up as the winners more often than not!



The string group from **Gladesville Primary School** entertained a small group of residents in September. The kids performed well and then were happy to introduce themselves to the residents before enjoying afternoon tea in the garden area.

We look forward to the school choir coming in December to entertain us with some Christmas Carols.



*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](mailto:noneill@chomes.com.au)**

**Volunteer & Pastoral Care Coordinator**

# Volunteer Corner



## SPOTLIGHT ON VOLUNTEERS - Mara Lyone & Kate Jensen

On your next visit to Ashburn House, make sure you stop in the waiting room across from reception to see the Gratitude Tree. All



the ornaments on this tree were hand-made by residents during the Creative Art & Play class.

The sessions, led by art therapy students Kate Jensen and Mara Lyone, are part of a 10 week art therapy program at Ashburn House. Every fortnight, up to 18 residents join in and use their creative skills to make meaningful

works of art such as the Gratitude Tree.

The Gratitude Tree branches hold cut out leaves featuring words chosen by residents about things they are grateful for. The bird wings are hand coloured folded mandalas, just like the ones in adult colouring books used for practicing mindfulness.



During other sessions, residents have used the art of collage and painting, listened to relaxing music and heard poetry. Each session is carefully prepared and created for the residents to develop new creative skills, experience something exciting, reflect upon positive things, and have fun.



Kate Jensen & Mara Lyone are Transpersonal Art Therapy Students currently studying at the College of Complementary Medicine and have been enjoying bringing some artistic fun into Ashburn house and connecting with residents.

**Mara Lyone** lives locally in Hunters Hill and has a 13 year old boy named Casimir who attends St Ignatius Riverview. A few months ago, Casimir played piano for the residents at Ashburn House, as part of the school's service program. Everyone had a great time during this enjoyable afternoon.

*"I love to connect with the residents while practicing art skills, and focusing on positive and relaxing thoughts"* – Mara Lyone

**Kate Jensen** who lives nearby in Rozelle, has two boys named Finn & Olly. Both boys recently joined in and helped us with the "What I love about Me" collage. The residents really connected with the boys who thoughtfully attended to them during the process. Kate holds a Master of Arts degree in psychology from Sydney University.

*"The things I love most about art therapy at Ashburn house is listening to the residents' stories and the wisdom from their lives lived."* – Kate Jensen

# Betty Harris' 40th Anniversary



*Betty Harris, on the right*

## CELEBRATING BETTY HARRIS' 40TH ANNIVERSARY OF CONTINUOUS NURSING HOME RESIDENCE IN 2017

My name is Barry Harris and I am a younger brother of Betty Harris who has been living happily in Ashburn House, Gladesville for a number of years. Betty will be celebrating her 40th anniversary in 2017 of continuous living in nursing homes since our Mother passed away in 1977.

Betty was born on June 10, 1931 in Sydney to Frederick and Edna Harris and is the first of their six children. To put her birth in context, Betty was born during the Great Depression last century and like many Australians lived through WWII and every major national and world event since. She is the eldest child followed by her sisters Valerie and June and then her three brothers, Frank, Barry and Wayne. Sadly, June developed MND and passed away a few years ago.

Betty was born with cerebral palsy, caused largely by problems arising from an instrument birth. Betty had a problem with her right hand and leg but was not materially affected mentally. However, it was difficult in those less enlightened days to enrol her in a "normal" school. Consequently, Betty remained at home at 21 Laura Street, Newtown with the family and did not receive a formal education. I can recall Mum strenuously resisting a number of attempts from government agencies to take Betty into what was then called institutional care. We are so pleased that Betty remained a much loved member of our household.

Betty never married or had the opportunity to have children. She has her immediate family (brothers and sisters), uncles and aunties and cousins, and loves her many nieces and nephews who love her in return. Betty has never had a job or career but helped out Mum around the home as best she could given her disabilities. Betty has been a pensioner since 1947 soon after her 16th birthday. She does not read or write due to her lack of formal educational opportunities. However, Betty has a loving heart and a good outlook on life despite her considerable physical challenges.

Our family loved movies and somehow we managed to go to the "flicks" locally and in the City a couple of times a week. Betty always looked forward to these outings with the family. She had her favourite movies and movie stars and remembers them fondly today.

Television also plays an important part in Betty's life. She loves just about all shows and loved the Adventures of Robin Hood starring Richard Green in particular way back in the late 1950s. It came on around 5 o'clock weeknights and Betty never missed it. The show had been repeated so often it was surprising that the print was still watchable and Betty and most of our family knew the stories off by heart.

# Betty Harris' 40th Anniversary

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## *Continued...*

Despite her shaky start in life, Betty was otherwise well and lived at home with Mum and Dad until Mum's death. At that time all the children except Betty and our brother Wayne had left our family home and started their own families. Unfortunately, Dad could not continue to look after Betty at home without Mum and so Betty moved into Castle Leap Nursing Home in nearby Marrickville. It must have been a terrible wrench for Betty losing Mum and then leaving her much loved home in Laura Street.

However, Dad visited Betty a few times a week until he went into a nursing home at Drummoyne. Our family continues to look after Betty's welfare and her personal needs. Dad passed away in 1999 just after his 91st birthday.

Thankfully, Betty kept relatively well and eventually moved to a nursing home in Ryde. As you know, Betty now lives here in Ashburn House which she loves. Val is a loving sister who took on the role of unofficial carer for Betty when Mum and then Dad passed away, until she moved to Queensland. My wife Cathy and I live



in Canberra and try to see Betty as often as we can during visits to Sydney. Frank and his wife Pat live in Adelaide and catch up with Betty whenever they are in Sydney. We all have great times together as Betty laughs and laughs when reminded by Frank of the fun times we shared in the family home all those years ago. Betty recalls those times vividly as if they were yesterday. She has a healthy sense of humour and a cackle of a laugh which is infectious.

Betty has spent most of recent years confined to her much loved electric wheel chair. She has had a series of electric ones in which she would dart all through her various nursing homes chatting to residents and staff. Betty always wanted a red electric wheel chair but unfortunately they only came in blue or black. She calls her chair "her car". Betty loves watching television in her room. Funnily, she only ever watches Channel 7.

So Betty will be celebrating her 40th Anniversary of continuous nursing home living in 2017. As mentioned, Betty loves her room in Ashburn House and spends most of her time in it these days surrounded by her favourite photos, collections and memories. She fondly refers to it as her home. She has many friends among the staff and enjoys and looks forward to visits from the family. Our family appreciates the attention, help and care Betty receives in Ashburn House. We can't ask for anything more.

Thanks to staff and residents from Betty and her grateful family.

Look after each other, all the best from Betty's Family.

- By Barry Harris

# Read, Rest & Relax!



## Mango Meringue Bites

- 2 small ripe mangoes, peeled, chopped
- 2 tablespoons caster sugar, plus 3/4 cup extra
- 2 tablespoons lime juice
- 2 egg yolks
- 75g butter, chopped
- 24 mini tart shells
- 3 egg whites



1. Blend or process mango, sugar and lime juice until smooth. Transfer to a medium saucepan. Whisk in egg yolks. Place over medium-low heat. Stir constantly for 6 to 8 minutes or until mixture thickens and coats the back of a spoon. Remove from heat. Add butter, one piece at a time, whisking until combined. Cool for 5 minutes. Place tart shells on a large baking tray. Divide curd among tart shells. Refrigerate for 3 hours.
2. Preheat grill to high. Using an electric mixer, whisk egg whites until soft peaks form. Gradually add extra sugar, 1 tablespoon at a time, until firm peaks form. Place meringue in a piping bag fitted with a 1cm fluted nozzle. Pipe meringue onto pies. Place under grill for 2 minutes or until tops are lightly browned. Serve.

Makes 24

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>



A<sub>1</sub>

# Word Sudoku

G<sub>2</sub>

Word Sudoku adds a twist to the usual sudoku which makes the puzzle a little more interesting. 6 different letters are used instead of numbers.

E<sub>1</sub>

The basic goal remains the same: every row, column, and 2x3 square has to contain one of every letter used in the puzzle.

T		V			N
	D			N	E
					V
		D	N		
	E				

ADVENT

	E				L
A		S			
B					
	B			A	
			T	S	

STABLE



MANGER

JOSEPH

			E		
			N	R	M
		N			
G			A		
		R			
	M			E	

H				O	
S		J			
	J			E	P
	E	O		J	