



Christadelphian Aged Care

2018/19 SUMMER NEWSLETTER

ASHBURN HOUSE

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Manager's Message

Dear Families,

My name is Kerry Bellingham and I am the new Facility Manager for Ashburn House. I would like to thank all the staff, residents and families who have made me feel so welcome after joining the team at Christadelphian Aged Care. I have been a Facility Manager for almost 10 years, and have thoroughly enjoyed all my experiences. Having recently moved back to Sydney, I now have the opportunity to work with the Chief Clinical Officer of Christadelphian Aged Care, Gaynor Squillacioti again after having worked together in another organisation. I am excited to be part of the changes taking place, and helping the residents and staff accomplish those changes that we are expecting going forward in aged care in general. It has been a challenging time for the aged care industry, and at Ashburn House we will endeavour to meet all of our residents' and families' needs in a caring and holistic way.

As most of you are aware, we have had a lot of changes throughout the organisation with the catering and cleaning going to Sodexo. I am working very hard with the company to ensure that they are meeting the high standards that are expected in aged care, and look forward to any feedback regarding meals and service. We currently have a lot of items that have been put aside from the laundry that do not have any labels, and the staff are doing their best to place those items with residents. If any of your families have missing items, could you please see either myself, the Care Manager Joseph Benosa or the Registered Nurse on duty to go through the collected items. I apologise for the inconvenience and will make every effort to allocate the clothing items to residents. When you purchase new items of clothing, can you please take them to reception in a plastic bag with a name attached and we will send them to the laundry to be labelled.

Dates to be aware of include the Residents' Christmas Party for Ground Floor on December 6, 2018 at 2pm-4pm and Level 1 December 10, 2018 from 2pm-4pm. Finger food will be served at these events and a small range of drinks. I look forward to meeting more of you at the celebrations. The staff and volunteers Christmas Party will be at 1pm on December 13.

Please do not hesitate to introduce yourselves to me at any time, and I look forward to meeting you all.

Kind Regards, **Kerry Bellingham**



FOR UNTO YOU
IS BORN THIS DAY
IN THE CITY OF DAVID

A *Saviour*

WHICH IS

Christ

THE LORD

LUKE 2:11



News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Valerie K	Jordanis O	Leise S
Daniel O'S	Joan B	Mary H
Raymond D	Bozo B	Anthony K
Vicki K	Feng F	Bill P
Greta S	Louise F	Nicholas V
Verlie D	Josephine B	Beverley H
Tina S	Betty W	
Vera H	Stuart K	



UPCOMING EVENTS

DECEMBER

6th - Entertainment: Miss M
Ground Floor Residents
Christmas Party at 2pm

10th - Entertainment:
Miss Eleni
First Floor Residents
Christmas Party at 2pm

12th - Entertainer:
Roseanne Gallo at 1:30pm

18th - Anglican Christmas
Carols walk through at 5pm

21st - Gift Giving
All areas at 10:30am

JANUARY

4th - Entertainment:
Peter & Marie at 1.30pm

11th - Entertainment:
Amanda Easton at 1.30pm

25th - Entertainment:
Mike Tasma at 1.30pm

FEBRUARY

1st - Entertainment:
Peter & Marie at 1.30pm

22nd - Entertainment:
Annette at 1.30pm



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Activity Reviews

MEN'S CLUB

Men's club was here again in Ashburn house and there are so many ways of utilising this activity. Those gentlemen who chose to attend our most recent one were welcomed to Minnamurra Lounge, where pool noodles and egg cartons were used to create boats that float. The gents were engaged, keen to make and decorate their boats, and of course to see if they could float, of which all were successfully floated in a large basin of water!

During the afternoon of this activity, fish fingers, onion rings and a cool glass of beer and/or lemonade were served while nostalgic tunes played gently in the background. Those present also enjoyed singing and dancing after the craft. It was so beautiful to see the smiles on our residents' faces along with laughter during this creative and fun Men's Club activity.



FATHER'S DAY

Father's Day in Ashburn House saw beautifully decorated crafted bow ties and neckties made by the Leisure & Lifestyle staff displayed about the Home. We celebrated this special day with Charles the Dance Tutor in Cronulla Theatre and was a great afternoon for many of the men of Ashburn House and the ladies also present. Charles dances individually with each resident no matter their ability. Charles the Dance Tutor also delivered a colourful rose for each of our residents. During the break in the show, lucky door prizes were drawn with several very happy gentlemen receiving lovely presents. Father's Day presents were also distributed after the dance session.



PET THERAPY

Residents and staff loved a special visit from Pepper from Paws for Therapy. Pepper is a rescue dog from



Queensland and her new human Kim has informed us she is the best member of her family! Pepper exuded a very sweet and gentle nature and was content to visit residents and rest her head on laps for pats and praise! We all look forward to more visits from Pepper in the near future.

Activity Reviews

MELBOURNE CUP DAY

A fabulous afternoon party was held in the Cronulla Theatre on Melbourne Cup Day prior to "The race that stops the nation". Many residents donned their hats and fascinators made in-house to join in the festivities and see if they were successful in the sweeps. Cheers and laughter flowed from the theatre with residents, staff and visitors all joining in the fun.



REMEMBRANCE DAY

A member of the Gladesville RSL sub branch visited Ashburn House on Friday, November 9 to assist residents in taking part in a solemn remembrance service for those who sacrificed their lives in war. Many residents attended with memories shared afterwards of relatives and friends many had lost in war or who had contributed. Remembrance Day or Armistice Day as it has been previously known, was on Sunday, November 11.

A member of the Leisure and Lifestyle team volunteered to visit on this day and play the short service over the PA system at 11am which incorporated the Last Post followed by a minute's silence and the Australian National Anthem in observing this moment in history. The signing of the Armistice with 2018 was 100 years ago, which was to be a signing away of the war to end all wars.

MEANING OF Remembrance Day – Remembrance Day was originally called Armistice Day and commemorated the end of hostilities for the Great War (World War I), the signing of the armistice which occurred on November 11, 1918 – the 11th hour of the 11th day of the 11th month.

On the first anniversary of the armistice in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead.

The red poppy was among the first plants that came from the battle fields of northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were saturated with soldiers' blood. Many people choose to wear the poppy on Remembrance Day always on their left side above the heart.



REMEMBRANCE DAY
Lest We Forget

Activity Reviews

BOLLYWOOD

Once again 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. There was a great performance by a local entertainer Shoba Ingleshwar and our beautiful staff who danced like Bollywood stars to entertain our residents.



Activity Reviews

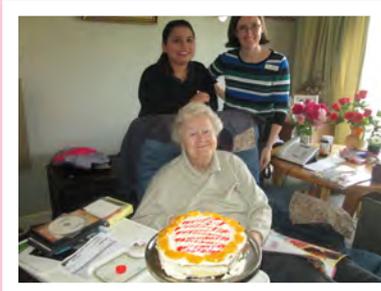
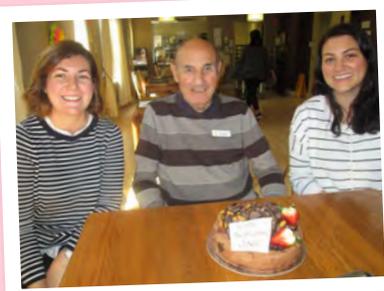
WORD GAME CHALLENGES

The ground floor residents have been involved in weekly word games, with the challenge being to be able to make the most small words using the letters of a large word. So far our best has been to use the word “discombobulated” (which ironically means “to confuse”). The residents, and staff who can’t help but join in, filled the board and came up with 214 words.

Other good words have been “Acknowledgement” with 165 words made from it, “Understanding” and “Entertainment” have also been fun with over 100 words made from them.



HAPPY BIRTHDAY



Resident Story - Elenita Carlos



Elenita was born in October 1945 in small fishing village called Tortugas in the province of Balanga, Bataan of the Republic of the Philippines. It was the year when the Philippines was liberated from the Japanese occupation during World War II by the combined forces of America and Philippines. Bataan and Manila were the strongholds of the resistance against the Japanese but were severely devastated during the war.

Growing up as the eldest of four siblings, Elenita assisted her parents in minding their home and a mixed business petrol station while her father managed their fish farms and other enterprising sources of income. Consistently at the top of her class in primary and high school studies, she was also frequently chosen to be a model in town fiestas and pageants in local traditions of the provinces.

She pursued her BBA degree (Accounting major) in Manila where she met Roger Carlos. They were classmates during the final year of university, and both graduated in 1965 and passed the Certified Public Accountancy Board Exam the following year. Ellen worked as a cashier and later on as an Internal Auditor of a local bank, while Roger became Manager Financial Operations of GE companies in the Philippines. Ellen fell for and got married to Roger when they were both 24 years old in March 1970. It was the month when the stunning comet, Bennett was visible in the sky with two tails. It was a sign of things to come as they were blessed with four boys, but then martial law was declared in the Philippines. Worried about the future, they thought of leaving the Philippines for good.

At the sponsorship of GE, the Carlos Family moved to the USA in September 1980 for a two-year stint in as Corporate Audit staff. While Roger travelled to GE operations in the USA, Canada and Brazil, Ellen became a full-time mother to four growing boys in an unfamiliar environment in Schenectady, New York. Not wanting to return to the Philippines, the family applied for and was granted permanent visas to migrate to Canada where Roger's three siblings were citizens. However, a job offer led the family to Australia instead, arriving in March 1983. Ellen retrained and worked as a bookkeeper for Burwood and Edgecliff Diagnostics while Roger continued to work for GE group of companies.

Life has been good in their adopted country. The Carlos family has been blessed with seven grandchildren, six grandsons and one 'princess' of the clan. In August 2003, at the age of 58 Ellen suffered a stroke which affected her mobility and cognitive functions. Roger decided to take early retirement to take care of her at home. After 15 years of home care, she joined the happy residents of Ashburn House at age 73 for much needed nursing and caring support. We always see Roger and Ellen together daily in the afternoons reminiscing at Bronte Café, the lush green garden, the fish pond while anticipating the arrival of the watchful kookaburras and the rare but delightful appearance of the bush turkey. The day is normally not be complete until Roger plays for her some romantic and classical piano pieces in the Cronulla Theatre. Ellen has found her second home and life goes on. The line of one of their favourite song sums up the vision and aspiration of this lovely couple. *"You and I have travelled far together, we've pursued our little star together. We are happy as we are together, growing older growing closer. Making memories that light the sky. That only time can make. That only love can make. That only we can make you and I."*



Staff Profile - Tania Noviza



REGISTERED NURSE

Tania was born in a small town in the city of Iloilo, Philippines. Her parents owned a family business – a local jeepney manufacturing business, famous in the Philippines as public transport.

During her childhood and through high school Tania enjoyed playing volleyball. She often played with friends and schoolmates after school and in the holidays. After finishing high school in 2009, she wanted to become an engineer or an accountant as she loved mathematics. Her parents advised her and eventually convinced her to study nursing instead and she was accepted into one of the most respected universities, St Paul University, for her Bachelor of Nursing.

It was a difficult time for her to finish her degree, waking up early to get to class at 7am, studying until 7pm, five days a week. The years of hard work paid off and Tania graduated in 2013. After graduating, she spent time unwinding and travelled around the Philippines. After a few months of reviewing her studies, she passed the Philippine Nurses licensee exam and became a Registered Nurse.

At first she didn't think about leaving the Philippines and applied to a local hospital in the city. When her aunty who lived in Australia offered her a sponsorship to study and work in Australia, Tania immediately grabbed the opportunity and start to review for the English test, which is a requirement for international students coming to Australia. After passing the test, she was enrolled in Western Sydney University and her visa was processed so she could move to Australia. The dream to study overseas becoming a reality.

It was hard for her to say goodbye to friends and family but luckily she has five aunts and many cousins living in Australia. She arrived in 2014, excited for her new journey and joined Ashburn House as an AIN while she was attending university. Living overseas is hard, but she made new friends and was able to catch up with family to unwind. Working hard to pay off her student loans, she also went to the gym and kept herself healthy. Under the supervision of her mentor Sister Cora she became a better person and a caring nurse. Her difficult and challenging journey has made her a stronger and wiser person, now a RN for Ashburn and a valued member of the team.



The Traditional Christmas Tree

The modern Christmas tree is frequently traced to the symbolism of trees of pre-Christian winter rites, wherein Viking and Saxon worshipped trees.

During the Roman mid-winter festival of Saturnalia, houses were decorated with wreaths of evergreen plants along with other antecedent customs now associated with Christmas.

Pastoral Care



A CHRISTMAS REFLECTION

Christmas is a time when Christians remember the birth of their King, the Lord Jesus Christ. It has become a time for family, gifts, holidays and lots of food, but while some are enjoying these things, others are struggling with loneliness, isolation, poverty, illness, old age, abuse – the list is endless. The story of the birth of Jesus, his life and message, is one of hope and joy for the world, and He has called people everywhere to share this. How are we doing in our personal lives with spreading joy, peace and love to those around us this Christmas?

True Story: A poor young refugee couple

Some years ago, there was a very young Middle Eastern couple living in an occupied territory. Times were tough, and neither of them came from families with money.

The young man in the couple was working with his hands in a town quite far from where their family homes were. The girl fell pregnant before they were married and because he loved her, he stood by her even though it wasn't his child. In those days, people were horrified at this and the couple were socially isolated and in disgrace.

The poor young girl went to stay with a cousin for a few months, but when she returned, things weren't much easier, and to top it all, the occupying army made people return to their home towns for a census. They had no money for transport, so they had to walk all the way, alone, frightened, and with the girl heavily pregnant. When they got there, they were made very unwelcome! Nobody would take them in because they were such an embarrassment to the family. Unmarried and pregnant? How humiliating! The excuse was made that all the rooms in the town were full (but were they really?). A heavily pregnant family member and they couldn't find it in their hearts to take her in and care for an exhausted teenager?

When the girl suddenly started getting alarming pain, the couple huddled together in misery and fear in an animal enclosure for warmth and comfort. The baby came with only a terrified young man to assist - no midwife - no mum for comfort and advice - no clean sterile hospital for security. Just a young couple and maybe a few animals, with hay and strips of cloth to keep the newborn warm.

Imagine how they both must have felt? Responsible for this tiny new life with no one to turn to for advice. Strange men from outside the town came to stare at the baby, and left noisily singing in delight, but no family came with gifts or offers of help and comfort. More strange men came from another country, bringing very valuable gifts, but still no local people came to celebrate the birth of the baby.

The new family had to flee to the neighbouring country following a threat of violence, and to seek asylum there for two years. Young. Scared. Refugees. Foreigners. Socially isolated. No family support – only each other to depend on.

Today: How would you have treated this couple and new family? How would you have offered them hospitality? Shown compassion, despite the possibility of judgement of their personal situation?

Christmas is a wonderful opportunity to share our time with people who may be socially isolated, feeling ill, lonely, and afraid of death, or foreigners far away from family support.

We may be in a privileged position, able to offer hospitality, compassion and generosity, and in this way to show each other the love of God.

By Cathy Strachan



Bereavements

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



Volunteer Corner



Volunteers attended a training day in October to ensure we all work safely together. It was great to see some of our new volunteers getting a chance to meet others who also give up their time to be a part of Ashburn House. After training it was nice to be able to relax and mingle over lunch.

The residents greatly enjoyed a visit from Beth who not only brought along her greyhound, but also her brand new grand-daughter – creating lots of smiling faces in the Daintree Lounge. Once the distraction of a beautiful baby was gone, the residents enjoyed interacting with the Evie (and Beth), sharing stories about their own pets.

Cronulla Theatre was decorated for Melbourne Cup thanks to the efforts of a couple of our newer volunteers. Staff and residents commented on how nice the room looked and what a good atmosphere it was to be able to watch the race. The job of organising the sweeps was left to one of our more experienced volunteers and staff members. Hopefully all enjoyed the experience, not just the lucky few winners.



Flower arranging was back again in October, thanks to Liz for bringing along roses for the residents to enjoy, reminding a lot of their gardens at home.



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!

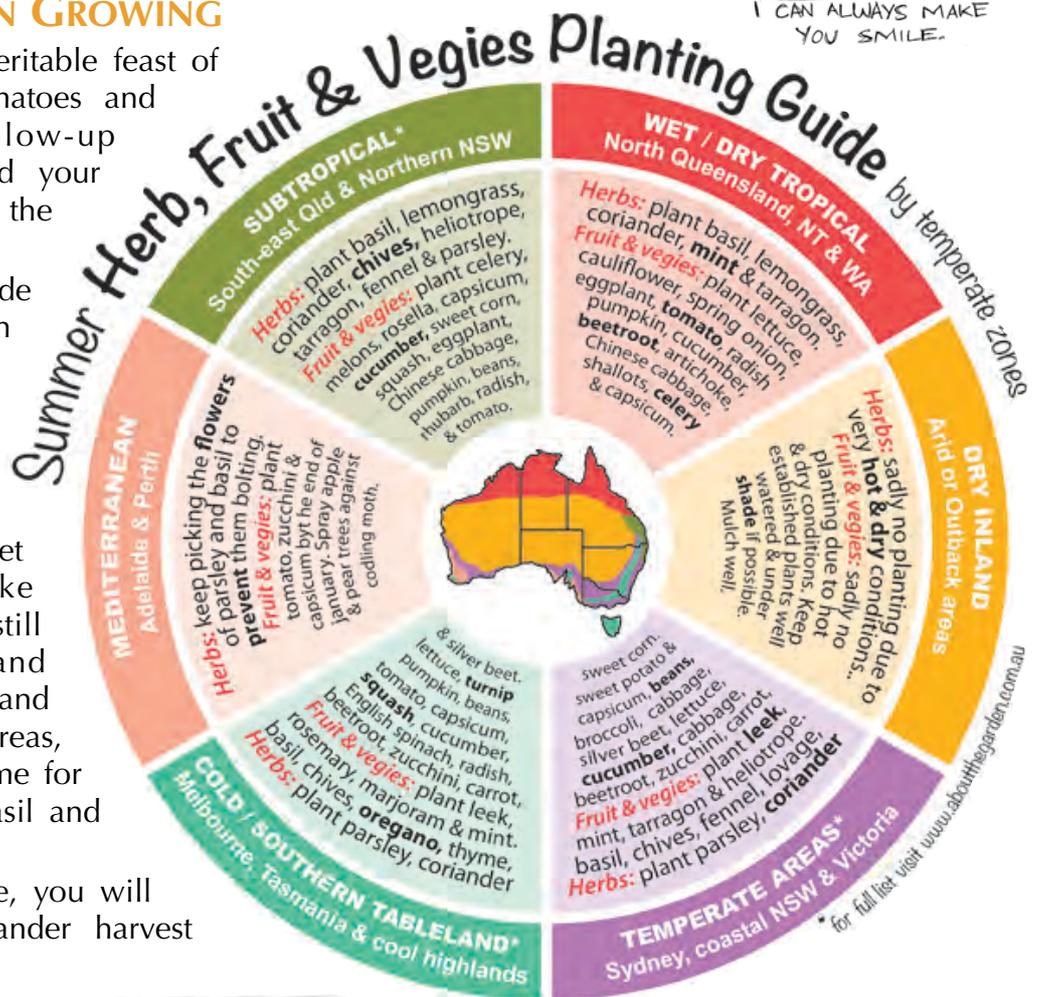


WARM SEASON GROWING

Plant yourself a veritable feast of corn, squash, tomatoes and greens with follow-up sowings to spread your harvest throughout the warm season.

Be prepared to shade sensitive crops on hot days and, from mid-season onwards, focus on planting heat-lovers such as corn, okra, sweet potato and snake bean. You can still grow cabbage and broccoli in warm and cool temperate areas, and it's a great time for potato, tomato, basil and parsnip.

With a little shade, you will extend your coriander harvest into summer.



Mini Raw Mango Cheesecakes

- 1 1/2 cups cashews
- 1/2 cup pistachios
- 1/2 cup shredded coconut
- 4 fresh dates, pitted, chopped
- 270ml can coconut cream
- 1/2 mango, stoned, peeled, chopped (about 1 cup)
- 2 tablespoons coconut oil, melted
- 2 tablespoons maple syrup
- 2 tablespoons lime juice
- Pinch of ground turmeric



To Serve (Makes 12)

- Chilled coconut cream, whipped
- Chopped mango
- Frozen blackberries

1. Place cashews in a large bowl. Pour over enough cold water to cover. Set aside for 4 hours or overnight to soak.
2. Meanwhile, grease a 12-hole, 1/2-cup (125ml) silicon muffin pan. Place pistachios and shredded coconut in a food processor and process until finely chopped. Add the date and process until very finely chopped and mixture is firm. Spoon evenly among the prepared holes. Use the back of a spoon to smooth the surface. Place in the freezer for 30 mins to set.
3. Drain cashews and place in a blender with coconut cream, chopped mango, coconut oil, maple syrup, lime juice and turmeric. Blend until very smooth and creamy. Divide evenly among the bases in the pan. Smooth the surface. Place in the freezer for 3 hours or until firm.
4. Remove from freezer. Set aside in the pan for 5 mins before transferring to a serving platter. Set aside for 10 mins to soften slightly.
5. Top with the extra coconut cream, extra mango and blackberries and serve immediately.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



WORD SUDOKU

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.

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	