



Newsletter

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MANAGER'S MESSAGE

How swiftly time passes by! It feels as though we were just ringing in the New Year, and now, the festive spirit of the Christmas season is already knocking at our doors. Reflecting on my journey, it's been close to two years since I became a part of the Ashburn House family. Throughout this period, my association with Christadelphian Aged Care has been nothing short of rewarding. I deeply resonate with, and take immense pride in the organisations culture, vision, and mission.

The principles of our Aged Care Quality Standards are closely tied to the fruits of the spirit. They serve as daily reminders of our cherished values: Love, Gentleness, Kindness, Peace, Joy, Patience, Goodness, Self-Control and Faithfulness. These aren't just words to us; they shape our actions, decisions, and interactions every single day.

This past year has been one of notable transformation in the aged care sector. Several key reforms have been introduced and seamlessly integrated by service providers. Noteworthy

among them are the provision for 24/7 RN availability, significant pay raises for our diligent aged care employees, and the enhanced focus on care minutes.

The Summer newsletter of Ashburn House will bring to light many heartwarming tales, showcasing the remarkable journeys of our residents and the unwavering commitment of our staff. I feel truly fortunate to be in a position where I can witness and partake in these beautiful narratives. Our staff and I share a mutual aspiration: to continuously uphold and further the esteemed values of Christadelphian Homes in the years ahead.

As we inch closer to the conclusion of this year, let's carry forward our achievements, lessons, and memories with a hopeful heart. Here's to embracing 2024 with enthusiasm, resilience, and love!

Kind Regards, **Jing Cui**

- Director of Consumer Care & Services

Upcoming Events

DECEMBER

- 1 Christmas Decorations
- 19 Christmas Night Light Bus Trip
- 25 Christmas Day
- 31 New Year's Eve

Entertainment by Roseanna Gallo

JANUARY

- 1 New Year's Day
- 7 Orthodox Christmas Day
- 26 Australia Day
- Aussie BBQ Day

Entertainment by Lisa Budin

FEBRUARY

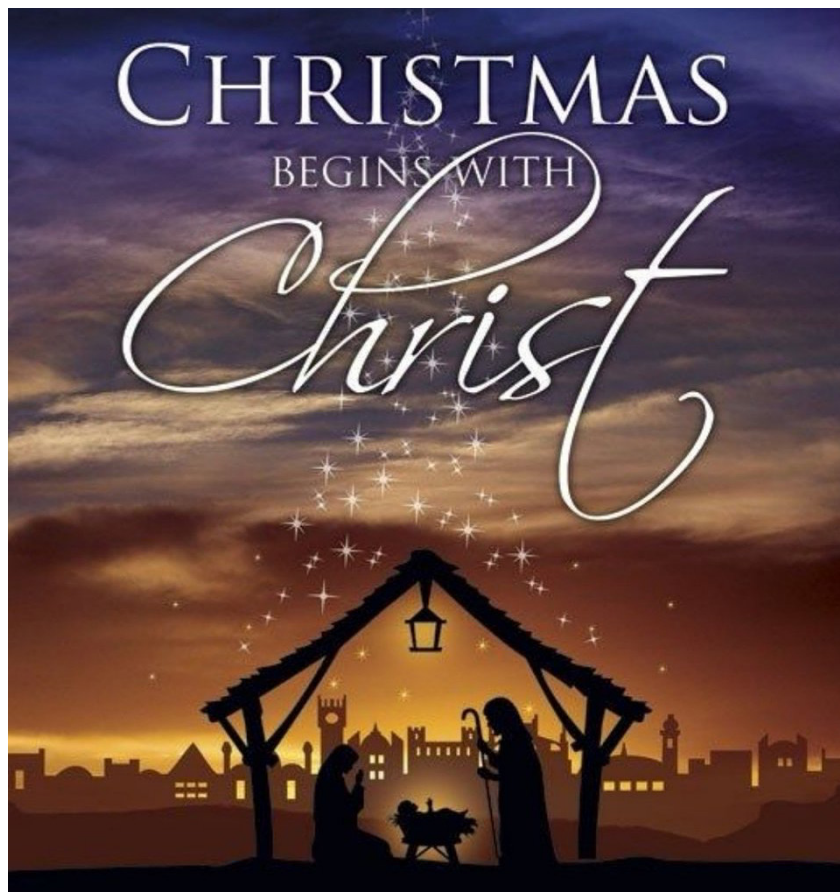
- 1-7 World Interfaith Harmony Week
- 4 World Cancer Day (WHO)
- 6 Waitangi Day - New Zealand
- 10 Chinese New Year
- 14 Valentine's Day Decorations
- 15 National Day – Serbia

Entertainment by Roseanna Gallo



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christadelphianagedcare*



DECEMBER	JANUARY	FEBRUARY
Wolfgang L	Brian C	Teresa V
Janet E	Jordanis O	Mary H
Vicki K	Katharina C	Guillermo P
Verlie D	Bozo B	Robert P
Pauline M	Sandra H	Brian R
Joyce N	Margaret A	Lynette L
		Arthur A
		Shirley G

Activity Reviews



BOOK CLUB - Under the guidance of Ann Lumley Rowe, our Book Club thrives. Members convene every Monday morning and Friday afternoon.

Our passionate group of readers even read aloud to residents who cherish books but can't indulge due to their diminished eyesight.



VISIT TO SYDNEY ROWING CLUB FOR LUNCH - Residents thoroughly enjoyed their trip to the Sydney Rowing Club. The excursion offered a delightful change of pace and environment.

There, they united over a diverse menu and fondly recollected mutual memories. The vibrant conversations and touching interactions underscored the close community bond of Ashburn.



HALLOWEEN - Both residents and staff participated with gusto in Halloween festivities. Many donned imaginative costumes, embracing the spooky spirit. Staff added a playful twist, visiting residents with a cheerful "trick or treat". The day's vibrant energy was palpable, leaving lasting memories for all.



Activity Reviews



NEPALI FESTIVAL: DASHAIN CELEBRATION - The Dashain celebration this year was nothing short of spectacular. Our staff immersed themselves in the festivities, showcasing a mesmerising cultural dance that the residents thoroughly enjoyed.

The staff performances highlighted the rich tapestry of cultures represented at Ashburn.



FIFA WOMEN'S WORLD CUP 2023: MATILDAS GAME VIEWING - Soccer aficionados among our residents were in for a treat watching the Matildas compete in the FIFA Women's World Cup 2023.

The palpable excitement had them gathered eagerly around the screen in anticipation. Even when the match started later than expected, their spirits remained undeterred, patiently waiting for the game to commence.

HARMONY OF FAITH: THE CATHOLIC CHURCH UKULELE ENSEMBLE - At Ashburn House, the air was filled with the sweet sound of ukuleles. The Catholic Church Ukulele Group, led by Julia, brought everyone together with music and prayer. Julia shared touching prayers, making the songs even more special. When Father Alik joined in with his singing, the room lit up with joy. Together, their music and words reminded everyone of the beauty of faith and community. It was a day to remember, filled with songs, smiles, and a shared spirit.



Activity Reviews



ART THERAPY WITH MARA: STAINED GLASS-INSPIRED SESSION

The harmonious blend of crafting visually striking artworks and the insights provided about the techniques and symbolism behind stained glass artistry made this gathering distinctly enlightening.



The response from the participants was universally affirmative. Numerous residents expressed that the class illuminated them on the intricacies of this art form, allowing them to view it in a new light. Those who attended departed not only with their radiant masterpieces in hand but also with an enriched appreciation and reverence for the art of stained glass and its storied history.

FAN ARTISTRY WITH MARA: GARDEN DELIGHT SESSION - Underneath the gentle sway of palm fronds, residents gathered outside for a refreshing twist to their artistic endeavours. Mara captivated the group with riveting tales of the history and significance of fans throughout various cultures.

Amidst nature's serene ambiance, residents were immersed in crafting their own fan art, delicately painting intricate patterns and vibrant hues. Surrounded by the tranquil beauty of the garden, many discovered inspirations from their environment, blending nature's palette into their creations.

Residents departed with not only a hand-painted fan but a newfound appreciation for the art which forms a rich tapestry of history and the calming embrace of outdoor artistry.



Bereavements

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

William W, Yvonne B & Emilia C



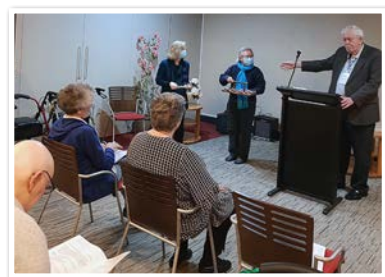
Activity Reviews



UNITING IN FAITH: A GLIMPSE INTO THE MONTHLY SERVICE

Residents gather in anticipation every second Friday of the month at the Uniting Church for a special service. Led by the dedicated Seung Jae Yeon, the atmosphere is filled with reverence and unity.

The projected words, "with the Son and with the Spirit...", resonate with the attendees, creating a collective spiritual energy. Beyond the hymns and sermons, the personal interactions stand out, showcasing the strong sense of community and fellowship.



SUNDAY CHURCH SERVICES: A BEACON OF COMMUNITY AND FAITH

Every Sunday, our community room transforms into a sanctuary of reflection and unity. Residents come together, drawn by shared faith and the desire for spiritual enrichment.

Guided by the words of the speakers, attendees find solace, inspiration, and a deeper connection with one another. These services serve as a reminder of the power of community and the enduring strength of faith.

STITCHES AND STORIES: MORNING AT THE KNITTING CIRCLE

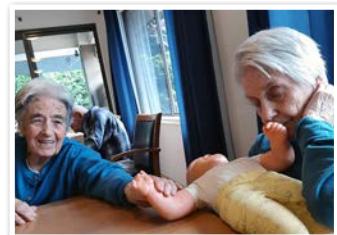
In the sunlit Kuring Gai Lounge, overlooking serene greenery, residents come together for their cherished "Knitting and Natter" gathering.

As the needles dance in their hands, distinct dolls emerge, bearing the touch of each creator. The scent of warm tea mingles with the inviting aroma of freshly baked cookies.

During this cosy setting, chatter fills the air, weaving tales of the past and today.



THE HEALING TOUCH OF DOLL THERAPY - In a cosy community room, a resident with dementia holds a lifelike doll, evoking memories of past caregiving. Doll therapy, rooted in compassion, rekindles feelings of nurturing and comfort.



For those facing the challenges of dementia, the doll offers a tangible connection, a momentary anchor amidst the waves of memory loss. This therapeutic approach reminds us of the enduring essence of humanity, even in the midst of cognitive challenges.

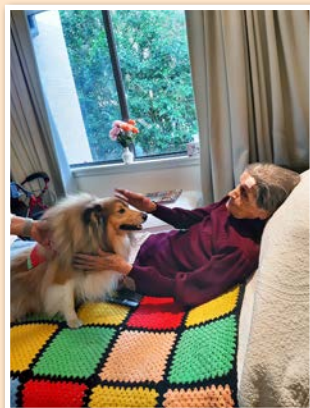
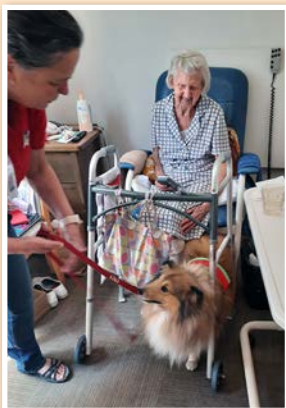


Activity Photos

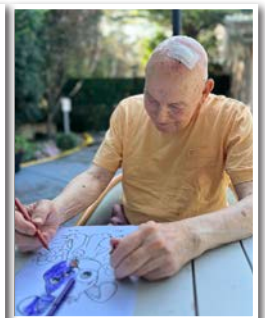


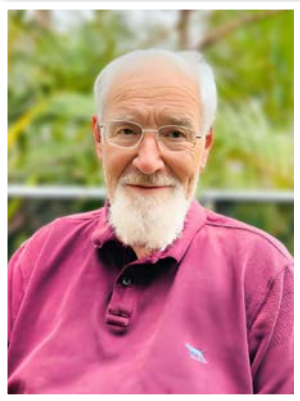
Happy Hour

PET THERAPY



ART & CRAFT WITH KIMBERLEY





Celebrating the Legacy of Professor Peter Kennedy at Ashburn House **RECIPIENT OF THE ORDER OF AUSTRALIA**

Nestled within the supportive community of Ashburn House, we are graced with the presence of individuals whose achievements extend far beyond our walls, reaching out to touch and

transform countless lives. Amongst our respected residents, Prof. Peter Kennedy stands as a paragon of medical accomplishment and noble service. His remarkable contributions to healthcare have not only shaped his legacy but have also earned him one of the nation's highest honors, the Order of Australia.

Prof. Kennedy's journey through the realm of medicine commenced with the precision of dentistry, where his commitment to patient care was evident from the start. However, it was his unyielding quest for a greater impact that led him to delve deeper into the medical sciences. Troubled by the suffering of cancer patients, Prof. Kennedy dedicated a further five years to specialise in head and neck cancer, a field in which he would not only excel but also pioneer new pathways.

It was during this transformative period that Prof. Kennedy, under the mentorship of Prof. David Gillett, that he found his true calling in surgery. His dedication and skill culminated in his role as the Director of the Burns Unit at Concord Hospital, where he worked alongside Prof. Peter Haertsch, an eminent plastic surgeon. Together, they forged new frontiers in the treatment of burn injuries, significantly advancing the field of emergency medicine.

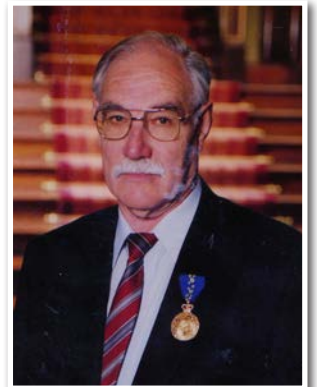
Prof. Kennedy's tenure as a Professor of Surgery has been marked by significant professional milestones and an influential presence on the international stage. He has shared his expertise at medical conferences around the globe, with a memorable highlight being the "biggest" conference of his career in Portugal, underscoring the vital importance of global medical discourse and collaboration.

One of the defining moments of Prof. Kennedy's illustrious career came in 2002, when he was awarded the Order of Australia for his services to medicine, particularly in severe burns and emergency medicine. In the aftermath of the tragic Bali bombings, Prof. Kennedy was a beacon of hope and expertise, providing critical care to 12 victims. His unwavering commitment during this harrowing time showcased the profound depth of his skill and humanity.

Within the peaceful environment of Ashburn House, Prof. Kennedy's determined spirit continues to echo. He graciously offers his treasure trove of knowledge to the nursing staff who show interest in expanding their own careers within the medical field. His willingness to engage and mentor echoes the same dedication that led to his prestigious Order of Australia honour.

Prof. Kennedy's enduring impact is woven through the countless lives he has touched with his surgical skill, his role in emergency medicine, and his mentorship. Ashburn House is not just home to a revered resident; it's home to a national treasure whose life's work has elevated the standards of medical care and education.

In honouring Prof. Kennedy, we at Ashburn House extend more than gratitude - we extend a celebration of a life lived in tireless service to humanity. Your remarkable journey continues to inspire all who have the pleasure of knowing you and will undoubtedly influence the path of many more in the field of medicine for generations to come.



THE
ORDER OF AUSTRALIA
ASSOCIATION



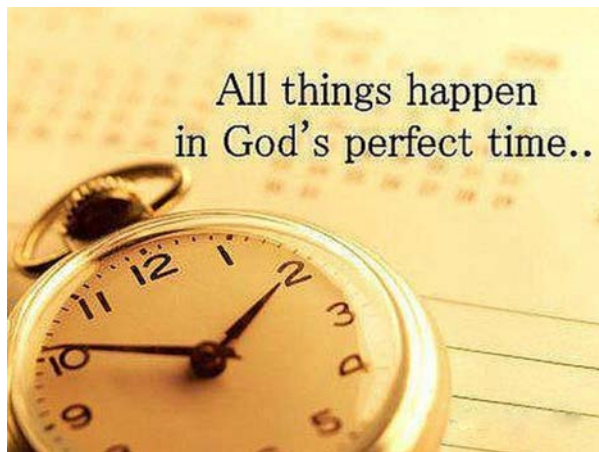
REFLECTIONS

Summer for me is a time to spend with my family and friends doing things we enjoy. It is a time when schools have six weeks off and there is more opportunity to complete tasks together, do those 'jobs' that get pushed to the bottom of the list, have a holiday, to get out in nature, visit people you have not seen in a while, reconnect with others and do things you enjoy.

I am fortunate to be in the bracket where our children are young and depend on us. I appreciate that there are those who may be reading this whose children are older, may not have family or many friends, relationships may be strained, or families and friends may live interstate and so the interactions are not as viable.

Most of us are blessed to be able to reflect on our lives and think of the times we have had with our families and friends, and the things we have done for our families and friends that have made holidays, gifts, and memories possible and helping others out when the need arose.

No matter what stage of life we are, we can all reflect, contemplate, and meditate on our lives. In life there are the good times, the excellent times, the troubled times, and the challenging times. These all help to shape us into the people we are today.



It is quite easy to think if I only had done this, then this may not have happened or what if I had done this, then this might have been the result. Remember that God's timing is different from ours and the speed at which God works could be different from the speed we expect. We all have the privilege of prayer and of speaking to God and sharing our joys and our sorrows, of sharing our regrets and our highlights and bringing those to God for his help and for Him to strengthen us in our time of need or rebuilding.

I am drawn to a song written by Graham Kendrick, an English Songwriter, '**For the joys and for the sorrows**'.

If you have a spare moment you may like to listen to the song. I am drawn particularly to these words from the song (see left).

The words here capture the essence of my thoughts. Whichever route our lives take, whatever our prayers and longings are, when the tears flow, when the disappointments occur, we are reminded in the refrain that 'for this I have Jesus' expressing the hope we have in our Lord.

By David Bridgens

- Spiritual Care Coordinator, COURTLANDS

"For the tears that flow in secret

In the broken times

For the moments of elation

Or the troubled mind

For all the disappointments

Or the sting of old regrets

All my prayers and longings

That seem unanswered yet,

For this I have Jesus

For this I have Jesus

For this I have Jesus, I have Jesus."

Volunteer Corner

By DAVID BRIDGENS

At the heart of our community are the selfless individuals who volunteer their time, bringing warmth, companionship, and diverse experiences to our residents. Our volunteers come from all walks of life and play a pivotal role in creating meaningful connections with our residents..



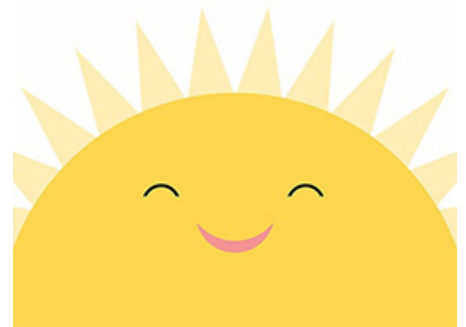
Aged Care
Volunteer
Visitors Scheme

We're thrilled to announce our collaboration with the Aged Care Volunteer Visitor Scheme (ACVVS). This partnership aims to connect residents who prefer individual interactions over group activities with compassionate volunteers. Ensuring that each pairing is meaningful, the ACVVS has volunteers who are fluent in various languages, allowing us to match residents with someone who understands not just their words, but their culture and background too. What's more, our volunteers are carefully paired based on shared interests, hobbies, and passions. This ensures that every conversation is not just a casual chat but a deep, enriching exchange. For instance, our newest volunteer from ACVVS is multi-lingual, allowing for a beautiful blend of conversations across cultures.

Should you or someone you know have a few hours to spare and a heart full of compassion please don't hesitate to reach out to us. Let's make a difference, one conversation at a time.



a helping hand can
be a ray of sunshine
in a cloudy world



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

David Bridgens
WELLBEING COORDINATOR

e: dbridgens@chomes.com.au

p: 0431 323 825

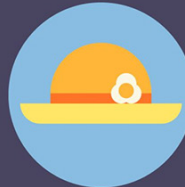
CHRISTMAS FUNNIES



- What do you call an obnoxious reindeer?
Rude-olph
- What did the stamp say to the Christmas card?
Stick with me and we'll go places!
- How is Christmas exactly like your job?
You do all the work and some fat guy in a suit gets all the credit
- Why did no one bid for Rudolph and Blitzen on eBay? Because they were two deer!
- What do you call a scary looking reindeer?
A cari-boo
- What do you call Santa's little helpers?
Subordinate clauses
- Why don't you ever see Santa in the hospital? Because he has private elf care!
- What's the difference between the Christmas alphabet and the ordinary alphabet?
The Christmas alphabet has No-els

SUN SAFETY

SUMMER SKIN PROTECTION



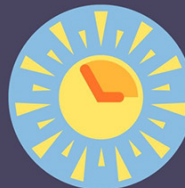
WEAR
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE
CLOTHING



AVOID SUN BETWEEN
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE
WATER



REFLECTION
CAUTION



SEEK SHADE



AVOID DIRECT
SUNLIGHT

Christmas Wreath Cake

Ingredients

- 85g packet raspberry jelly crystals
- 600ml thickened cream
- 1 cup double thick vanilla custard
- 2 1/2 x 400g jam sponge rolls, cut into 1cm thick slices
- 2 tbsp sweet apera (sherry)

To Serve

- Mini meringues, to decorate
- Spearmint leaves, to decorate
- Fresh raspberries, to decorate
- Crushed candy canes, to decorate
- Silver cachous, to decorate



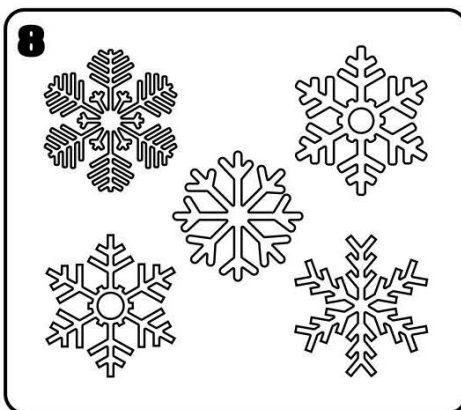
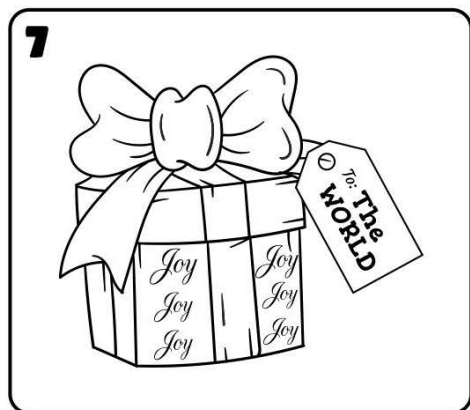
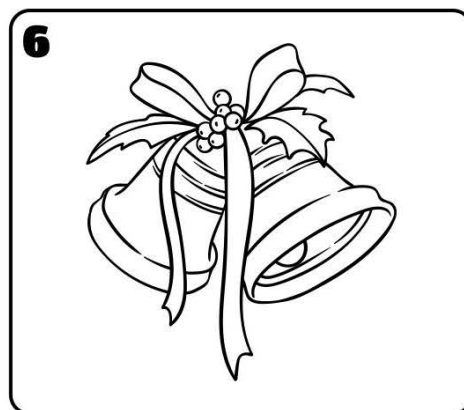
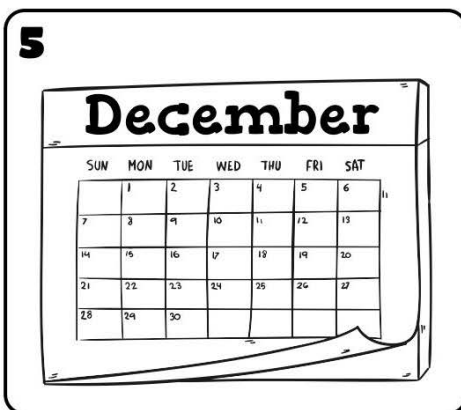
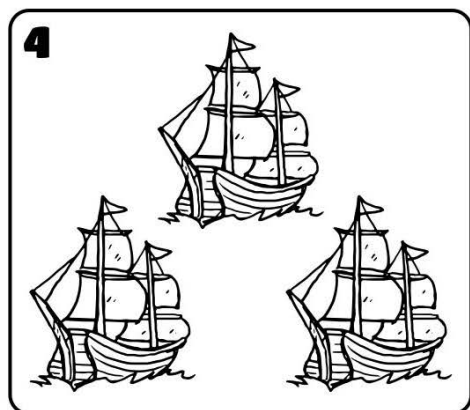
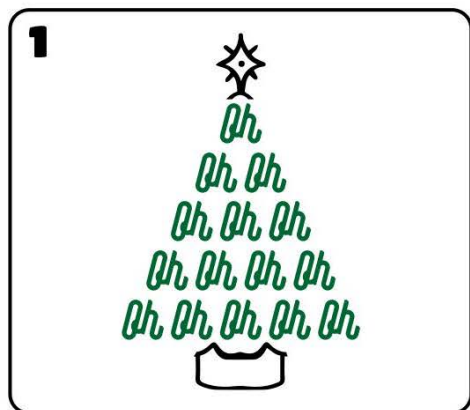
Prep: 30 min
Serves 8

1. Make jelly following packet directions. Pour into a 15cm square plastic container. Refrigerate for 4 hours or until set.
2. Carefully turn jelly out onto a board. Cut into squares. Return to refrigerator until required.
3. Using an electric mixer, beat cream and 2/3 cup custard together until just-firm peaks form. Spoon mixture into a piping bag fitted with a 2cm fluted nozzle. Pipe cream mixture onto 1 side of 1 slice of sponge. Place on a 30cm round serving platter. Repeat with remaining cream mixture and sponge slices, standing sponge slices upright on platter. Drizzle sponge wreath with apera.
4. Spoon remaining custard onto wreath. Decorate with jelly cubes, meringues, spearmint leaves, raspberries, candy cane and cachous. Serve.





GUESS THE CHRISTMAS CAROL



ANSWERS: 1. Oh Christmas Tree 2. Rudolph Red Nosed Reindeer 3. The First Noel 4. I Saw Three Ships 5. The 12 Days of Christmas 6. Jingle Bells 7. Joy to the World 8. Let it Snow 9. Blue Christmas



CHRISTMAS WORD SUDOKU

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

Puzzle 1: MANGER

Puzzle 2: JOSEPH

			E		
			N	R	M
		N			
G			A		
		R			
	M			E	

H				O	
S		J			
	J			E	P
	E	O		J	