

Christadelphian Aged Care

2018 WINTER NEWSLETTER

# ASHBURN HOUSE

**Address:** 20-34 Ashburn Place, Gladesville **Phone:** (02) 8876 9200 **Email:** admin@chomes.com.au

*Kindness  
is like snow -  
it beautifies  
everything it  
covers*



**WASH ME,  
AND I SHALL BE  
WHITER  
THAN  
SNOW**

- PSALM 51:7 -

## Manager's Message

*Welcome to Ashburn House*

Hello everyone,

I'm sure everyone feels the coming of the cooler season. In aged care, it may mean the flu season. We have received the flu vaccines and we are administering them as per the doctor's schedule. Again, we remind all to refrain from coming to the facility if you are experiencing signs and symptoms of the flu (cough, sneeze, fever, lethargy). We are reminding families to bring some warm clothes for their loved ones and make sure the clothes are labelled.

Australia Day and Valentines Day celebrations were a success and enjoyed by residents, families and staff. For Mother's Day, all the mothers received beautiful flowers and enjoyed an afternoon high tea on May 10.

There are some new changes and improvements in the Home at the moment:

1. The doors in Kimberley section were painted in different vibrant colours. This is as per Dementia Australia recommendation to assist resident with dementia to easily locate their room by identifying colours and help them with wandering.
2. The Quiet Lounge on the ground floor is being renovated to have more a lively and inviting look. It will be repainted, new furniture will be purchased and new furnishings will be installed.
3. Sofas in the front foyer were replaced with more comfortable and warm ones that match the curtains and furnishings.

Warm Regards, **Cora Inzitari**



# News & Upcoming Events



JUNE	JULY	AUGUST
10 Betty H	3 Barry L	1 Ruth S
12 Kiril B	9 Aileen W	4 Cecilia O
17 Margot C	6 Marguerite S	5 Arthur G
18 Myrna B	10 Michie U	5 Jeanette T
18 Eileen J	17 Janet M	6 Hilda H
20 Desmond W	17 Asterios M	8 Sofia B
26 Gwenneth H	18 Marie F	9 Ian M
27 Thomas D	21 Betty J	9 Elene B
28 Ken P	24 Lorna M	10 Mary O
	30 Betty B	10 Ivy W
		13 Margaret H
		21 Pasqualina G
		25 Beverley E
		25 Olga L
		26 Raffaele G
		28 Elaine D
		29 Luise M



## UPCOMING EVENTS

### JUNE

**8th** - Entertainment: Fiona

**22nd** - Entertainment:  
Miss Eleni

**29th** - Entertainment:  
Miss M

### JULY

**6th** - Entertainment:  
Greg Dimmock

**11th** - Entertainment:  
Lisa Budin

**13th** - Entertainment:  
Anette Carbret

**20th** - Paws Pet Therapy

### AUGUST

**3rd** - Entertainment: Fiona

**14th** - Entertainment:  
Roseanne Gallo

**17th** - Entertainment:  
Dale Ryan

**24th** - Entertainment:  
Lisa Gorman

**31st** - Charles Dance Tutor  
(special Father's Day Program)



## 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](http://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

## EASTER BUNNY VISIT

The Easter Bunny visited Ashburn House on March 29 and celebrated Easter with all our residents, staff and management team.

Leisure & Lifestyle staff dressed up in Easter bunny costumes and distributed Easter eggs to the residents with welcome assistance from our Facility Management Team and IT Department.



## ANZAC DAY - April 25, 2018

This year's in-house ANZAC Day Service was held on Monday, April 25, led by Peter from the local Gladesville Returned Services League (RSL) who kindly volunteered his time. Ashburn's Leisure and Lifestyle Team assisted residents to participate in the service. Rosemary, the flower of remembrance, was picked from our garden and placed about the Home with residents also wearing or carrying a piece in memory of loved one's lost in the name of war.



Residents also coloured in memorial wreaths over a cup of tea and Anzac biscuit.

## RESIDENT COCKTAIL PARTY - April 26, 2018

Ashburn House held a cocktail party for the residents and family members April 26. The Cronulla Theatre was transformed into a small social and intimate hub.

The residents sat in small groups with their family, socialised and reminisced with a glass of wine and gourmet nibbles that were put together by Polash, our Chef. Laughter could be heard, stories were told and new friendships were made. All in all, everyone enjoyed the evening and the residents were benefited by the normality of the event. It was just like the good old days when the residents enjoyed a social outing.



**The next Cocktail Party will be held on July 26, 2018.**



# Activity Reviews

## PET THERAPY

Our pet therapy dog Choppa and her carer Donna visited our Ashburn residents. Choppa is a happy and well behaved pug who loves cuddles and pats. Her visit brought



smiles to the faces of many of our residents, who enjoyed patting, cuddling and spending some quality time with Choppa.



## ST PATRICK'S DAY

Ashburn House celebrated St Patrick's Day on March 14.



Our management, staff and our wonderful residents donned green outfits and accessories to mark the occasion. Stephen Bradley, our Resident Services Officer volunteered as the photographer to capture the wonderful moments of the celebration.

Our residents, staff and some lucky family members undertook the chance to be models for the photo shoot. This was followed by an energetic musical concert conducted by our leisure team members



on the dance floor. It was boisterous and enjoyable day of celebration.

## MEN'S CLUB

Ashburn conducts a Men's Club on alternate months. Our male residents enjoyed this event and used it as a good chance to catch up with their mates.

During this months Men's Club, our male residents played and watched games of pool along with good glasses of ginger beer with some hearty snacks. Our long term male residents took this opportunity to welcome our newest joining residents by sharing their stories.



# Activity Reviews

## ARMCHAIR TRAVEL



An activity called Armchair Travel was recently held in Minnamurra Lounge; the destination was Italy.

St Ignatius Riverview student volunteers came and joined the event. Ashburn Leisure and Lifestyle Team dressed in Italian signature colours like red, green, and white. The students and LLO staff decorated Minnamurra lounge in Italian colours and its famous pictures. We showed our residents the ten most popular places in Italy, and its traditional food and dance on the screen. We spoke about its history, displayed the Italian flag and sang its national anthem. The residents were treated with mini pizzas and traditional sweet treats. They enjoyed the Italian sing-along, we danced to Italian songs and all had a great time. Everyone had fun and the residents are eager to see where we are going in the next armchair travel.



## MOTHERS DAY CELEBRATION

Ashburn House celebrated Mothers day on May 10. Recreational Activity members and the Pastoral Care Coordinator organised a special High Tea for our Ashburn House Mothers. Staff greeted residents with beautiful flowers and their families were present. All enjoyed delicious cakes, fresh fruit and sandwiches. Residents wore beautiful handmade neck-pieces that they especially made for this occasion.



**Happy  
Mother's  
Day!**



*Birthdays*



**Clockwise:**  
Gay, Ethel,  
Thomas, Ann  
and Barry M



# Resident Story - Joan Chapman



Joan Beaumont was born in April 1933 in the village of Holywell, Northern Wales in the United Kingdom. Joan was the youngest of five children with older siblings being Elsie, Sylvia, Robert and Betty. A ten year age gap between Betty and Joan meant that Joan was often on her own as a child growing up.

Joan's father had been a professional soccer player in England before the First World War and sadly died with recurring complications from war injuries when Joan was five years old.

Joan and her mother eventually moved to the village of Saltney in Northern Wales and even though the nearest school was in Chester City, England and only one mile away, Joan had to attend grammar school 15 miles away in Wales as the country was trying to revive the Welsh language therefore encouraging more to be schooled there.

Leaving school at 15 years of age, Joan secured a job as a junior clerk with an automotive business then later with a large dental practice in England. Joan was able to take the bus from Saltney in Wales across to Chester City in England daily to work.

When Joan was 17, a friend invited her to a dance at the nearby army camp and there was introduced to her future husband Terry Chapman who was in the army completing his deferred National Service. Terry had requested to complete his journalism course prior to entering the army. That night, Terry asked Joan's permission to accompany her home from the dance and from then on were courting until marrying when Joan was 19 years of age and Terry aged 22.

Living in London with her mother-in-law while Terry continued with his National Service in Japan, Joan and Terry were very grateful to his army captain who kindly loaned them funds for the fare for Joan to live in Kure, Japan. After a year, Terry was posted to Hong Kong where he and Joan resided until Terry was demobbed from the army.

The couple chose to reside in Australia where Terry took up his journalistic career working for the Rupert Murdoch industry. Living and renting in Balmain, the couple managed to save a decent deposit on a home in The Avenue in East Balmain with lovely water views, but in those days the 24 hour noise from the nearby Colgate and Unilever factories was quite frustrating along with the active daily grind emitting from the dry docks with work continuously underway on boats. Eventually the Chapmans were fortunate to buy the block next door and managed to extend their home. Joan recalls their Balmain-born sons, Matthew and Daniel as children enjoying the freedom of playing cricket in the street with their mates and exploring their surrounds.

After many years of marriage, Joan was unprepared and devastated by her husband's decision to leave. The family home needed to be sold in settlement of the divorce enabling Joan to buy again in Balmain, where one of her sons continues to reside today. Joan eventually connected with a long time male friend only to end this relationship after nine years when she realised that she needed to be free, and never regretted not remarrying.

A proud grandmother, Joan has two lovely granddaughters Annie and Millie. A highlight of Joan's life was being able to attend the recent wedding of her granddaughter Annie on the water at Mosman with the wedding featuring in a current print of the glossy "Cosmopolitan Bride" magazine.

Joan had kept her social life active in Balmain and surrounds and continues to receive regular visits to Ashburn House from her old book club friends and others who drop in regularly to visit and go to Bronte Café to catch up. Joan is also involved in many activities of her choosing within Ashburn House.



# Staff Profile - Sabi Kaur



Sarbjeet Kaur (Sabi) was born in September 1974 in the Indian State of Punjab in the Royal City of Patiala. The youngest of four children, Sarbjeet's mother proudly raised her household and her father was a police officer who sadly, unexpectedly passed away from a heart attack when Sabi had just finished high school. Sabi completed her Bachelor of Arts at Punjab University Chandigarh and has a Diploma in Computer composition.

A keen sportswoman, Sabi was captain in basketball at school and later on at university taking part in many competitions winning many titles.

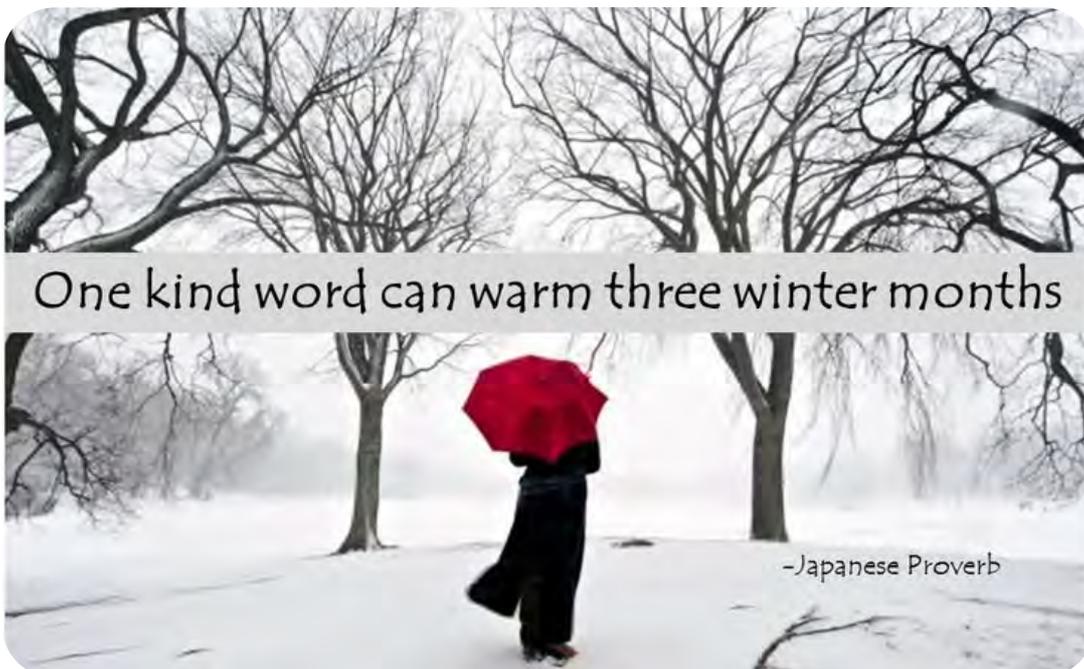
Beginning her working career, Sabi was offered to join the Police Force as her father had been a member of the force and because Sabi was a strong contributor within a sporting fraternity. Sabi did join the police force as she felt obligated to follow in her father's footsteps but found her passion instead as a teacher of the Punjabi language at Jain Modern Private School in Punjab Patiala for four years.

Meeting her husband through family members, Sabi was selected by her future husband's family to join theirs if she so chose to. Sabi is grateful she had already known her husband through family circles and events years prior to marrying.

Husband Ajit Singh was a businessman in Punjab. They married in a traditional Sikh ceremony and celebration with around 400 guests in 2000. Her son Kevin was born in India in 2004 with the family relocating to Australia in 2006 and daughter Amber following in 2014, born in Australia. Kevin is now doing very well at high school at Casimir Catholic College in Marrickville while Amber has enthusiastically begun kindergarten this year at St Bridget's Primary School.



Sabi began employment at Ashburn House as an Assistant in Nursing in 2009, also helping out in the kitchen and laundry before taking on her current role as a popular member within the Leisure & Lifestyle Team. Sabi has embraced learning traditional Australian songs that she sings with the residents often and has a wide residential audience. The residents of Ashburn House love Sabi's smiling face and happy demeanour when she is with them.



One kind word can warm three winter months

-Japanese Proverb

# Pastoral Care

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



## SELF CARE

We live in a beautiful country amid the creation of the world. This photograph is one I took from one of the balconies at Southhaven Aged Care.



The photo got me thinking of the destruction that can be done by such a small insect, a termite. I appreciate that this one is not the sort of 'white ant' that eats our houses but it does kill the trees – our source of oxygen. Here we see the power of these small insects, which can work together as a group and do a huge amount of damage and kill large trees, yet can also live in harmony with one of Australia's native birds, the Lorikeet.

Birds are an interesting and beautiful animal that often represent so many things. My thoughts are drawn to the symbol of peace, the white dove.

Relating these thoughts of peace back to the photo and the contrast we can find in our lives - sometimes it is hard to find peace amid our busy lives. Often we go to places in life where we don't necessarily want to be. We can find ourselves searching for that which is the peace, the calm and the tranquil, in our lives.

We may attend a meeting having battled the Sydney traffic, have to visit someone that we would rather choose not to visit but feel obliged to call on anyway, or maybe just have had a bad day. We need to search out that peace and calm in this situation. For each of us that search may be done differently. It maybe that you choose to step into the garden, or stop to listen to some music, or pause to marvel at creation so that you can relax and realign your thoughts and feelings. Some find this through saying a little prayer.



Whatever your method of searching for peace is it is important to find some self-care time and so to care for your own wellbeing and welfare amid the other things that call and tug for your time and attention.

**By David Bridgens** - Volunteer and Pastoral Care Coordinator, Southhaven



## Bereavements

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



# Volunteer Corner



**Volunteer Movies** - Ashburn is lucky to have wonderful volunteers to come support and entertain our residents. Lesley and Marianne are two volunteers who visit Ashburn regularly and show different classical movies and documentaries to our residents, often accompanied with yummy goodies.



**School Visits** - Interaction between the generations brings added interest and enjoyment to our residents. Over the April school holidays, we were blessed to work with students from Riverview as they volunteered as part of their School/Community Service program. The boys attend for two days to help out, giving them and the residents a bit of time to get to know each other. The students enjoyed joining in with the chat groups and Armchair Travel,



while we also put them to good use helping accompany residents to and from hairdressing. When there was an extra moment we set them up with small groups of residents to play games.



In addition to the structured volunteer program we have with Riverview, Ashburn was also pleased to have a few girls from Our Lady of Mercy College and Mary Immaculate College. They were able to assist in Fitzroy wing, having good conversations with individual residents, as well as helping out with High Tea.

## Happy Birthday Rhonda

We wished Rhonda a happy birthday during our April High Tea, thankful that she had still been volunteering that week.

## National Volunteer Week - Thank You Lunch

National Volunteer Week is May 20-26, and we are thanking our volunteers with a lunch held on Wednesday, May 23.



*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 Thank You Lunch



# Volunteer Corner



## SPOTLIGHT ON A VOLUNTEER

**Rev. Seung Jae Yeon**



### **A TILER TO A CHAPLAIN (*Boronia Park Uniting Church*)**

I don't remember when, but I worked as a tiler here at Ashburn House when the development happened (between 2006-2007). I came to lay tiles for a number of units' toilet and shower rooms but had no idea of what kind of facility it was. I came back here in February 2014 as a student minister, and now a Uniting Church minister to lead chapel service. I said to myself, 'I thought I'd been to this building!' when I was arriving at the front door. I could not figure out where I laid tiles years back. The building site has become a beautiful home for many who are vulnerable but still beautiful in their chapters of life. I've witnessed that at Ashburn House all are welcomed and cared for by the caregivers and all sorts of supporters including all volunteers like me. My role is as a chaplain or religious minister and my aim is to affirm and reaffirm that those attending the chapel service are still connected to the love of God and the church no matter what denomination they came from. That is why the Uniting Church people conduct hymn singing, communion or the eucharist, washing of the hands and anointing with olive oil to pray for healing and soothing. I always try to deliver God's love to all at Ashburn House.

You may know that I am married with three children, Joshua, Daniel and Heather. My wife and three kids are all gifted in music and we have performed at the Christmas Carol service every December since 2014. Grace and I met in a young adult group of a Presbyterian Church in Korea. We found from each other that we were so committed to Christian mission toward the world, especially in North Korea. In my 20s I joined two Christian mission outreach programs that encouraged young people to open their eyes to see the world through the lens of the gospel and love of God. I went to Australia (1999) and Ethiopia and Sudan (2000). It was a life-changing experience for me as a Christian. Grace and I decided to come help a Korean speaking church in Belmore develop their mission activities for Aboriginal people, particularly in the Dubbo region as well as supporting migrant Korean people. For more than 14 years I served the church and worked with many Aboriginal brothers and sisters, Korean migrants and many other ethnic group. I learnt a lot about how we are all from different cultural and linguistic backgrounds, but all have one hope which is to live in a new home called Australia and to enjoy seeing our families happy and successful. I was accepted as a ministry candidate in 2012 for training and then in 2014 ordained to minister of the Uniting Church congregation in Gladesville-Boronia Park. It has caused me to work voluntarily here at Ashburn House as a chaplain and a bus driver.

*Continued over page...*

# Volunteer Corner



## SPOTLIGHT ON A VOLUNTEER

### Rev. Seung Jae Yeon



*Continued...*

Driving the bus is one of things that I love to do – maybe because I am still young and like to engage with more people here. I also found that my regulars on the bus trips can enjoy seeing the beauty of Sydney and even some changes that are happening in this city. I have taken them to a couple of routes: Bondi Beach, Shelly Beach, the West Head, La Perouse, Parramatta Lake and its CBD, Olympic Park and 6 Bridges Tour which is, I believe, the most popular bus trip with me. There is always a quiz to ask my passengers: ‘Which bridge did we just pass through?’ (Gladesville Bridge, Lane Cove Bridge, the Anzac Bridge, Harbour Bridge, Fig Tree Bridge and Tarban Creek Bridge). I try to make it hard but they amazingly know all the names of bridges. On my bus trips, my regulars can recall their past and its memories and stories and feel refreshed after each trip. In my eyes, they look like students having excursions with their peers. They are still young at heart. I love to be with them and support them by the love that Jesus has taught me through the Bible teachings.



I was a tiler but now am a chaplain for the tenants and staff once a month. In the service that the Boronia Park people bring, we show Christ’s love to all no matter what life stage they are. Some can communicate in language, but some cannot. So touching and hugging are only ways to communicate them to tell how much God loves them this day. I truly believe that God touches His people through our hands and speaks to them through our mouths and voices. This is the calling that I have answered as I serve the beautiful and wonderful people of Ashburn House. It’s such a blessing to me and to my ministry at Boronia Park Uniting Church.



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**Nerida O’Neill on 0434 946 184  
or [noneill@chomes.com.au](mailto:noneill@chomes.com.au)**

**Volunteer & Pastoral Care Coordinator**

# Read, Rest & Relax!



## 5 FUN FACTS ABOUT SNOW

1. All snowflakes have six sides.
2. Snow crystals are translucent, not white. The white colouring is caused by sunlight that is reflected off the crystals. All visible colours are reflected, which together, look white.
3. Most snowflakes fall at a speed of 60cm to 150cm per second, roughly the same speed as a person casually walking through a park.
4. Official snowfall and snow depth measurements include snow, sleet and ice pellets.
5. Did you know a blizzard can occur without falling snow? If wind speeds remain higher than 55km/hr and the visibility is also reduced to less than 400m for three hours or more, then its classified as a blizzard.



In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

**AVOID**

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for hypothermia or frostbite.

**When going outside be sure to wear:**

- A SCARF OR KNIT MASK THAT COVERS FACE & MOUTH
- A HAT
- A WATER-RESISTANT COAT
- MITTENS OR GLOVES
- SEVERAL LAYERS OF LOOSE-FITTING CLOTHING
- WATER-RESISTANT BOOTS

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

**NOSE EARS TOES CHEEKS CHIN FINGERS**

**Know who is at high risk:**

- Older adults without proper food, clothing, or heating
- People who stay outdoors for long periods (homeless, hikers, hunters, etc.)
- People who drink alcohol in excess or use illicit drugs
- Babies sleeping in cold rooms

## Cauliflower & Parmesan Soup

WITH CRISPY BACON

- 1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle
- 1 celery stalk, thinly sliced
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 potatoes (about 400g), chopped
- 1.5L (6 cups) Chicken Stock
- 1 bay leaf
- 1 large (about 1kg) cauliflower, cut into florets
- 1/2 cup (125ml) thickened cream
- 1 cup (80g) finely grated parmesan



### To Serve

- 3 bacon rashers, chopped
- 4 bread rolls
- Grated nutmeg, to serve
- Finely chopped flat-leaf parsley

Serves 4

1. Preheat oven to 200°C. Line 2 baking trays with foil.
2. Heat 2 tablespoons oil in a large saucepan over medium heat. Add celery, onion and garlic, then cook, stirring, for 3-4 minutes until softened. Add the potato, chicken stock, bay leaf and three-quarters of the cauliflower, bring to the boil, then reduce the heat to medium-low and simmer for 12-15 minutes or until cauliflower and potatoes are tender.
3. Remove from heat, cool slightly, then transfer to a blender and blend until smooth. Stir through the cream and 1/2 cup (40g) parmesan. Season to taste.
4. Meanwhile, place the bacon and remaining cauliflower on one of the lined baking trays. Season with pepper, then drizzle with remaining 1 tablespoon oil and sprinkle with 2 tablespoons parmesan. Roast for 10-12 minutes or until crisp. Put the bread rolls on a separate tray, sprinkle with remaining 1/3 cup parmesan and bake for 2mins.
5. Top with crispy cauliflower and bacon. Sprinkle with nutmeg and parsley, drizzle with oil and serve with bread.

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

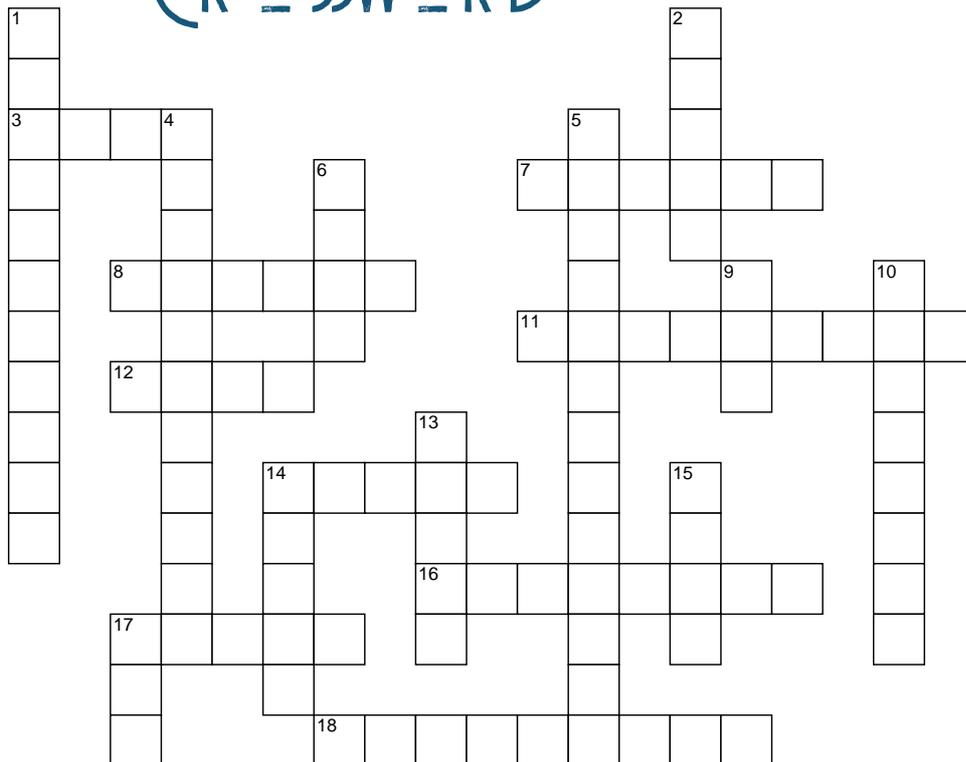
A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# WINTER WEATHER CROSSWORD



www.CrosswordWeaver.com

## ACROSS

- 3 The process by which snow or ice changes to water.
- 7 A period of very cold winter weather that damages plants.
- 8 Intensely cold temperature.
- 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12 Mildly cold feeling.
- 14 Bright with sunshine.
- 16 Snowfall that is so heavy one can see little or nothing on the horizon.
- 17 Ice crystals on a frozen surface; "Old Jack \_\_\_\_\_."
- 18 A large mass of snow that slides down a mountain.

## DOWN

- 1 A standardized measure of how hot or cold it is outside.
- 2 Rain that freezes as it falls.
- 4 A tool used to measure the temperature.
- 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6 Pieces of ice falling from the sky.
- 9 A solid form of frozen water.
- 10 A storm with heavy snow, strong winds, and severe cold.
- 13 Covered with snow.
- 14 A mixture of snow and water.
- 15 Precipitation in the form of small white ice crystals that form inside clouds.
- 17 Thick water vapor that makes it hard to see.

**WORD BANK:** Avalanche, blizzard, cool, fog, freeze, frigid, frost, hail, ice, melt, precipitation, sleet, slush, snow, snowy, sunny, temperature, thermometer, whiteout, windchill.