

Christadelphian Aged Care

2019 WINTER NEWSLETTER

ASHBURN HOUSE

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WINTER
IS THE TIME
FOR COMFORT,
FOR GOOD FOOD
AND WARMTH,
FOR THE TOUCH OF A
FRIENDLY HAND *and* A
TALK BESIDE THE FIRE:
IT IS THE TIME FOR
HOME

- EDITH SITWELL



Manager's Message

Welcome to Ashburn House

Wow, May already!

Times flies when we are all so busy.

Ashburn House has seen many changes in 2019.

We have an entirely new management team and I am proud to say I cannot have wished for a better team of professionals who are truly committed to providing optimal care to our consumers.

You will see lots of new faces in the care team, all of whom have considerable experience and enjoy assisting the elderly in their care.

Our Leisure, Lifestyle & Spiritual support team has been strengthened by the addition of two qualified therapists, who are eager to implement new methods to enable our residents to maximise their independency and enjoy enriched lives here at Ashburn House.

Janelle, our Residential Services Officer, is a valuable asset and is assisting new residents and their families to transition into care as painlessly as possible by providing support and improved information systems for clients.

We have now met most of you but feel free to pop in to the offices to chat to Smitha, Wilbert or myself – we really appreciate sharing your thoughts with us.

With so much negativity surrounding the Aged Care space at the moment, we are constantly striving to achieve bigger things.

Current areas of focus here at Ashburn are Restraint minimisation - decreased bed rail usage and better customer service and communication.

Warm Regards, **Donna Sunderland**

- Director of Consumer Care & Services

News & Upcoming Events



| JUNE | JULY | AUGUST |
|----------|--------------|------------|
| Kiril B | Lorna M | Sofia B |
| Con E | Barry L | Robert F |
| Desmon W | Agnes E | Raffaele G |
| Margot C | Janet M | Olga L |
| Thomas D | Michie U | Luise M |
| Eileen J | Betty B | Ian M |
| Betty H | Marguerite S | Hilda H |
| Walter W | Marie F | Cecilia O |
| Doris L | Lorna M | Jeanette T |
| | Barry L | Joy B |
| | | Colin B |
| | | Margaret H |
| | | Elaine D |
| | | Arthur G |
| | | Ivy W |



Please do not visit if you are ill

- If you have a COUGH or other Flu symptoms (like a fever, sore throat or runny nose) you may put other people at risk.
- If your visit is not urgent, please consider visiting on another day when you are feeling better.
- If your visit is urgent, please notify a staff member as you arrive and put on a face mask.



UPCOMING EVENTS

JUNE

- 7th - Uniting Church Service
 12th - Residents & Relatives Meeting
 12th - Entertainer: Roseanne Gallao
 13th - Catholic Mass
 21st - Entertainer: Annette
 21st - Anglican Church Service
 28th - Flower Arranging
 28th - Entertainer: Lisa Gorman

JULY

- 4th - Catholic Church Service
 5th - Entertainer: Fiona
 9th - Resident & Relatives Meeting
 10th - Entertainer: Rosanne Gallo
 19th - Anglican Church Service
 19th - Paws Pet Therapy
 25th - KISS Choir
 26th - Floral Arrangements
 26th - Entertainer: Jazz Kingdom

AUGUST

- 8th - Catholic Church Service
 13th - Residents & Relatives Meeting
 14th - Entertainer: Roseanne Gallo
 16th - Anglican Church Service
 23rd - Entertainer: Greg Dimmock
 30th - Entertainer: Charles The Dance Tutor

Activity Reviews

MASTER CHEF & SHROVE TUESDAY

During March, residents enjoyed pancakes during a Master Chef activity. This linked in with Shrove Tuesday, the day before Lent commences on the Catholic calendar.



ST PATRICK'S DAY

St Patrick's Day was a lot of Irish fun, celebrated with green cupcakes and green jelly. Residents enjoyed dressing up in green and creating some decorations and pictures.



Although no pots of gold were found, the leprechauns didn't play any mischievous tricks either.

VOTING

March and May have given the people of NSW two opportunities to vote. A mobile polling Booth was set up for both the State and Federal elections allowing those who wished to have their say in electing the governments for the next few years. Thanks to those who helped on the days.



ANZAC DAY



Thanks to Peter from the Gladesville RSL for leading the service at Ashburn House.

All appreciated the chance to stop and remember those who have served in the military and given their lives.

Activity Reviews

EASTER CELEBRATION

This year, the Easter Bunny came to visit Ashburn House on Thursday 18th April. Recreational Activity Officers dressed up in Easter bunny outfits as they distributed Easter eggs to all areas, helped by a few of our residents and other staff.

Other Easter activities included an Easter quiz conducted by Riverview High School students and also our resident enjoyed Easter craft with LLO Staff.



MOTHER'S DAY

Mother's Day was celebrated in style, with a pampering day on May 2, followed by a high tea on Friday, May 10. The high tea was served in Cronulla Theatre and gave all a chance to enjoy drinking from the fine china as well as enjoy the special treats Sodexo provided.

Four lucky residents won gifts from our lucky door prize, which had been donated by Nutrimetics who ran the pampering day.



Resident Story - Raffaele



Raffaele was born in the 1940s in Varapodia, Reggio Calabria Italy. He is the youngest of five children – with three brothers and one sister. His parents were Luigi and Rosina.

They were a talented bunch: his father, a boot maker, his mother, a seamstress and all the children followed the same paths. They were also a musical family, among them playing many instruments including trumpet, drums and piano, not to mention that their uncle was the lead conductor of the town's band.

But Raffaele's destiny was to change; the whole family left Italy in the late 50s for Australia,

where they resided in Sydney. He sought out work as a tailor along with his brothers and worked in the city centre, catching the buses on Victoria Road. He soon decided that he would change careers and became a barber and this remained his passion and livelihood for 53 years.

In the 70s, Raffaele decided to go back to Italy where he met and married the love of his life. Together they came back to Australia and had three children of their own. Raffaele is a great father to his children: always providing, always being positive, always smiling and would always have something to share, a philosophical word or two. If you've ever got a minute to spend with him, he always loves a chat!

Raffaele also had another talent - every Saturday evening, for more than 25 years, he was a Master of Ceremonies at many function houses and was the host for many baptisms, weddings and party celebrations. On the microphone, he attracted the attention of everyone in the room. He has a warm, loving and funny character.



Raffaele as a child, with his family



Raffaele with his kids and grandkids

Many wonderful years have passed and gone, and in the late 2000s he lost his beloved wife Rosa to leukaemia and he suffered deep loss.

Raffaele holds the very proud title of Nonno (grandfather) to 8 grandchildren including 5 boys and 3 girls. Again, always sharing his wisdom and positive thoughts with all of them.

Raffaele is gentle, kind and has an amazing amount of patience. He is a true gentleman.

Pastoral Care



MAKING A DIFFERENCE THIS SEASON

As we draw into winter and feel the nip in the air, it makes me think of climates much colder than that of Australia. It draws me to think of climates where they struggle to grow



food, struggle to keep warm, struggle to get around because of snow, ice and struggle to pay high electricity or gas bills.

Generally, we are very fortunate in Australia for what we have and we have to be thankful for what we do have. The blessings of food, clothing, warmth, and shelter. We don't have to look too far to think about someone who is less fortunate than ourselves.

As winter sets in and the cold nights hit, the air gets cool and the trees lay bare, think about one thing you can do this winter to make a difference to the life of someone else. It might be making a blanket for someone, spending time with a neighbour, volunteering in a small way, or being less wasteful to name but a few. Sometimes to really appreciate what we do have we have to make changes, possibility go without something for a short time, and in time give back to others.

- By David Bridgens, Volunteer & Pastoral Care Coordinator, Southhaven

10 WAYS TO FEEL BETTER DURING THE WINTER MONTHS

1. **Exercise** – dedicating 30 minutes a day to light exercise, such as walking or yoga, can help boost the release of serotonin.
2. **Go Outside** – taking a quick walk around the block or opening the curtains can provide a much needed dose of sunlight and Vitamin D.
3. **Eat a Serotonin-Boosting Diet** – foods such as eggs, nuts, bananas and salmon, contain an amino acid called tryptophan, a critical building block for natural serotonin production.
4. **Wear Bright Colours** – research shows that warm and bright colours are tied to feelings of happiness.
5. **Complete a Project** – finishing a project around the house can make you feel accomplished, even if it is as simple as making the bed in the morning.
6. **Embrace the Cold** – people living near the arctic light candles and fires, drink warm beverages and snuggle under blankets to relax.
7. **Take a Holiday** – a mid-winter trip to a warm, sunny location may provide the boost needed to get through the rest of the cold months.
8. **Engage in Social Activities** – whether solo or with a friend, getting out of the house to see a movie, go bowling or volunteer will help prevent isolation.
9. **Take a Class** – pass the time by picking up a hobby or learning something new; as the old saying goes, "Time flies when you're having fun!"
10. **Read a Book** – studies have found that reading can make people happier by enhancing 'theory of mind' and reducing stress.

Bereavements

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



Staff Profile - Janelle



RESIDENT SERVICES OFFICER

Hi my name is Janelle and I have recently started working here at Ashburn House as the Resident Services Officer. I have been working in Aged Care for approximately 30 years because I love it.

Outside of work, I love to spend time with my 3 children, their partners and my beautiful 5 grandchildren. They like going to the park, pool and watching movies. I also like to spend time in my garden, going to the beach, knitting toys for my grandkids, walking around the neighbourhood and spending time with my friends having coffee.

Volunteer Corner

Weekly movies and episodes of "The Crown", bingo, dominoes, and balloon games are all activities that have been run by our wonderful volunteers over the last few months.

Our regular church services are also run by volunteers from the local Anglican, Catholic, and Uniting churches. April also included a visit from Father Angelo for our Greek Orthodox residents to be able to participate in a service and communion for Orthodox Easter.



Easter time also allowed some students from Riverview college to spend a few days volunteering, getting to know some of the older members of their community. The boys were able to help in the lounge rooms with activities and a lucky few were "assistant Easter Bunny's".



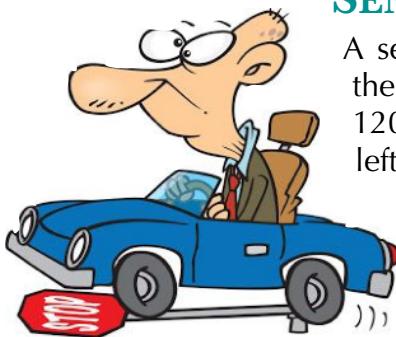
If you are interested in joining the Volunteer program, please do not hesitate to contact me:

Nerida O'Neill on 0434 946 184

or noneill@chomes.com.au

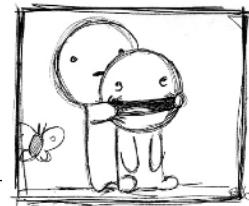
Volunteer & Pastoral Care Coordinator

Read, Rest & Relax!



SENIOR CITIZEN FUNNY

A senior citizen drove his brand new BMW Z4 convertible out of the car sales room. Taking off down the motorway, he floored it to 120kph, enjoying the wind blowing through what little hair he had left. "Amazing!" he thought, as he flew down the motorway, enjoying pushing the pedal to the metal even more. Looking in his rear view mirror, he saw a police car behind him, blue lights flashing and siren blaring. "I can get away from him – no problem!", thought the elderly nutcase as he floored it to 130kph, 140 then 150kph.



Suddenly, he thought "What on earth am I doing? I'm too old for this nonsense!" so he pulled over to the side of the road and waited for the police car to catch up with him.

Pulling in behind him, the police officer walked up to the driver's side of the BMW, looked at his watch and said, "Sir, my shift ends in 10 minutes. Today is Friday and I'm taking off for the weekend. If you can give me a reason why you were speeding that I've never heard before, I'll let you go."

The old man, looked very seriously at the policeman, and replied, "Years ago, my wife ran off with a policeman. I thought you were bringing her back."

"Have a good day Sir" said the policeman!!!

BEST FOODS TO FIGHT COLD AND FLU



Kale, Chorizo & Lentil Soup

- 1 brown onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 1 tablespoon olive oil
- 2/3 cup passata
- 3 cups chicken liquid stock
- 3 teaspoons fresh rosemary, chopped
- 2 x 400g cans lentils, drained and rinsed
- 250g chorizo, finely chopped
- 120g baby kale leaves



Serves 4

1. Heat olive oil in a saucepan over medium-high heat. Add onion, carrot and celery. Cook for 5 minutes. Add passata, chicken stock and rosemary. Bring to the boil. Add lentils. Simmer for 10 minutes or until slightly reduced.
2. Cook chopped chorizo in a frying pan over high heat, stirring, for 5 minutes.
3. Use a stick blender to partially puree soup. Stir in 90g baby kale leaves. Cook, stirring, for 5 minutes. Stir through three-quarters of the chorizo.
4. Serve topped with remaining chorizo and 30g baby kale leaves.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁

Double Puzzle



Unscramble each of the words relating to Winter and then use the corresponding numbers below each of the letters to solve the hidden phrase at the bottom of the page.

SFCRA



30 11 10

SAOENS

21 9 13

SVEHOL

19 3

ESASTK

4 12 18 20

SEDL



25 7

SIGLEH BSLEL

5 29

NSOFEAWLK

28 1 8 15

SONNWMA

2 27 14 17 23

SORONMTWS

6 22 24 16 26



1 2 3

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