

Christadelphian Aged Care

2019 SPRING NEWSLETTER

ASHBURN HOUSE



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

Manager's Message

*This is the day
the Lord
has made,*

*We will
rejoice and
be glad
in it.*

PSALMS 118:24



Wow, I have been in the role for six months already. Time really does fly when you are having fun.

I am very proud to be at the helm of this ship. We have achieved many of our goals in this period and I am pleased to report we have a very clean slate with our regulators and have no outcomes unmet. This has been achieved through fabulous teamwork and dedication on behalf of residents, their representatives and staff to work collaboratively to provide quality person centred care. We hosted a morning tea to warmly welcome in the New Quality Standards on August 13, 2019.

Now it is time to forget about the constraints posed by the recent Influenza outbreak and really start to have some fun. We have a very vibrant leisure and lifestyle team who are conspiring with the residents and care staff to ensure we really engage with the local community and mark our stamp on Gladesville and surrounds. The team have been checking out the neighbourhood to ascertain what services and facilities we can draw on to enhance our resident's quality of life.

We have been fortunate to secure the services of two new Medical Practitioners to visit Ashburn House while we have to farewell Dr Kong, who has announced her retirement. They both have heard good things about our care and we are keen to partner with our resident and representatives. We also welcome Liliana, our new massage therapist, to join us assisting with alternative therapy/ aromatherapy and relaxation.

Looking forward to Spring, cannot wait to get our residents on the RiverCat and head down to Barangaroo.

Kind Regards, **Donna Sunderland** - *Director of Consumer Care & Services*



News & Upcoming Events



SEPTEMBER	OCTOBER	NOVEMBER
Naomi G	Arlie V	Cecily C
Gulbudean (Peter) P	Patricia B	Teresa C
Mollie L	Diana S	Felicidad (Feli) G
LAN X (Lan)	Maria C	Heather M
Dorothy Van H		Michael W
		Kathe H



UPCOMING EVENTS

SEPTEMBER

11th - Entertainer:

Roseanna Gallo

19th - High Tea

20th - Entertainer:

Lisa Gorman

OCTOBER

9th - Entertainer:

Jeff Fitzgerald

10th - Grandparents Day

25th - Entertainer:

Selwyn King

NOVEMBER

5th - Melbourne Cup

High Tea

8th - Entertainer:

Lisa Gorman

13th - Entertainer:

Roseanna Gallo

15th - Paws Pet Visit

22nd - Entertainer:

Greg Dimmock

29th - Dancing with Charles the Dance Tutor



facebook.com/christadelphianagedcare



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

Activity Reviews

ITALIAN CULTURAL WEEK

Italian Cultural Week was held from 27 May to 2 June. We celebrated by learning to speak Italian, enjoying gelato (unfortunately it rained!), listening to a Luciano Pavarotti concert, playing bocce and making pizzas.



ITALIAN CLASSES

The Italian Class which started during Italian Cultural Week is going strong with the participants becoming comfortable in using Italian for daily greetings. We have been learning numbers through playing Tombola (bingo). We are learning food related vocabulary at the moment with the aim of going to an Italian restaurant and ordering in Italian one day!



WINTER WONDERLAND



Winter Wonderland was held from 24-30 June.

We made paper snowflakes and created a magnificent photo booth featuring a fire place. We loved taking photos in front of the fireplace and the whole home was decorated with snowflakes.

To end the week we had a Winter Wonderland concert by Lisa Gorman.



Activity Reviews

PEN PAL CLUB

Ashburn House residents are taking part in a pen pal program with our local day care centre, Henley Long Day Care Centre. Residents loved opening up their little letters to find a drawing from their pen pal and writing back a response. The kids from Henley will be visiting us for some craft, morning tea and to exchange the next lot of letters and then we look forward to visiting them!



WELCOME TO ASHBURN'S NEWEST FEATHERED FRIENDS

Ashburn House is excited to welcome our newest feathered friends – four Zebra Finches! The birds live in a cage in the back garden of the Kimberley wing and they are becoming quite the attraction.



A naming competition has been held; the winning names will be announced soon!

A big thank you to Rachel's (Diversional Therapist) Uncle Michael and Aunt Deb for kindly donating the finches.

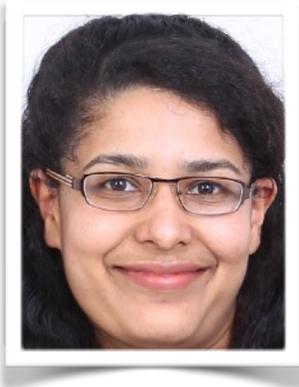


DANIEL & KATHY - 50 YEARS WEDDING ANNIVERSARY

A huge congratulations to resident Daniel and his wife Kathy on their Golden Wedding Anniversary – celebrating 50 years!



Staff Profile - **Smitha**



CLINICAL NURSE MANAGER

Hello Everyone! My name is Smitha. I have recently started with Ashburn House in April this year as the Clinical Nurse Manager and am very happy to be here.

I was born and grew up in Kerala, also known as 'God's Own Country State' of India. I graduated from Nursing in 2001 and worked as a Registered Nurse CUM Clinical Instructor in India. I migrated to the Republic of Ireland in 2006 where I started my Aged Care Career and then to Australia in 2010.

I have been working in Aged Care for more than 13 years, I love it and it's my passion. I really enjoy spending time to sit down and talk to the residents. As a Pastor's wife, I strongly believe that I have a true calling to serve others. My family is everything to me. I strongly believe Family is a circle of strength and love founded on faith, joined by love, kept by God together forever.



Staff Profile - **Brett**



Originally a businessman, I retrained as an aged care bus driver to give our elderly the best lives possible, and to give independence back to them. I've adapted my effective communication skills to engage with all residents.

I once suffered bone cancer 14 years ago. God saved me from death and wanted me to retrain and help our elderly. That's what I did and I've never looked back. My journey has led me to Christadelphian Aged Care.

All my other time is spent looking after my 90 year old father and my beautiful wife, Marilyn, and my 2 dogs, Zena and Ziffi. Everything I do in life has something to do with helping people.



Pastoral Care



Is there anything more symbolic of the spirit than light? This physical and more tangible substance has had peoples from the earliest of times connecting with the divine and the spiritual. From sun worship right through to our modern-day fictional themes of light vs darkness, in movies such as The Lord of the Rings or Star Wars; throughout the Bible, and most other faiths this spiritual connection with light is a strong theme.

In the natural world light, the relationship of the sun to the earth, is what helps define the seasons and the battle of light vs darkness is most triumphant during the spring. In this country we are blessed to have so much sunshine, winter is much colder and darker in other parts of the world.



Does your spirit lift when you first notice the lengthening of the days? As the light stretches a little more day by day and the world around us begins to burst forth with life as spring brings back the power of light.

After all nothing much grows in the dark and this is true too of us Humans, in springtime the spirit awakens ready to soar into the sunshine!

I heard a story of a little boy, who with great excitement over a sudden realisation ran with all his might as fast as he could to one of the nuns in charge of his schooling, so fast was he going that he collided with her and was promptly swallowed up by the robes of her habit. As he uncovered his face from the layers of material, he looked up into the brightness surrounding her face and said "Sister! Is God the light?" Smiling down into his upturned little face she replied, "Yes, my son, He is." This moment stayed with him all his life. Whenever he paused to feel the sun on his face, he would soften, and his heart would open as he felt in his soul that he was praying. While he was still a child on visits to the beach, he would see all the people sun baking and he thought they were all praying.

Spiritually sometimes all that we need is to pause, soften and open, just a crack will let the light in, like a budding flower in the spring; it need not be any more complicated than feeling the warmth of the sun with gratitude for its life giving power. Perhaps a small heartfelt prayer, a meditation, connecting with nature, an animal or someone else; remembering the love and beauty in the world. Just a crack in the darkness allows that light, the sunshine of the spirit to rush on in illuminating the heart and soul.

Light is capable of creating so much beauty. The sunrise every morning, then sunset each evening; a rainbow, the glory rays beaming down through the clouds after a storm, the silver lining of a cloud; the gentle play between light and water reflected on the rocks and trees, the right angle of reflection which turns a smooth, still pool into a mirror. What serenity light can bring to the soul!

Embrace the increasing light, feel the warm loving touch of the sun, try to approach spring as though it is the first time you ever experienced it – the first time you ever saw a flower soften and open or a tree growing or bird flying. Open your heart to love and to beauty. Step into the transforming power of light! Pause, soften and open to the sunshine of the spirit.

By Sherene Noble - Wellbeing Coordinator, Courtlands

Bereavements

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



Volunteer Corner



National Volunteer Week (20 – 26 May): *“Making a World of Difference”*

A lunch was held on Wednesday 22nd May to thank all of our wonderful volunteers for the time they give to helping our residents here at Ashburn House. Volunteers of all Christadelphian Aged Care NSW facilities gathered together to enjoy a meal and have a chance to get to know other volunteers. There were close to 100 volunteers in attendance.

A small group of our Ashburn House Volunteers attended, and a big thank you goes to all the volunteers who help in ensuring activities such as religious services, bingo, card games, music and individual visits which enrich the lives of our residents.



Farewell Charlie:

Charlie has said farewell to volunteering as he started work in office admin for a recruitment company at the end of May. We will miss his smile and happy voice as he helped with balloon games and other tasks.



A note from Charlie and his family: *“We would like to thank the staff and residents so very very much for giving Charlie the opportunity to be there on Wednesdays. He loves going to water the plants, and set up coffee and dance with the residents.”*



School Service – Students

We were pleased to have 4 students from year 10 to help us for a week in June, followed by students completing their school service hours during the first week of July.

The students enjoy the chance to help the residents and learn a lot from them in return. Some of the activities they assisted with included running word games, octoband, and balloon games. The year 10 students also helped with our Winter Wonderland Week. Under the direction of our staff Libby, they built the fire place.



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 ACTIVITIES TO ENJOY THIS SPRING

Spring is the season of rebirth. After a long, chilly winter the birds are singing again, flowers are reaching full bloom, and leaves are bright and green. It's the perfect time to get outside, enjoy the fresh air and try some new activities. No matter your age, there are plenty of ways to stay active, have fun, and appreciate all that spring has to offer.

1. **Do some gardening.** Gardening is undoubtedly one of the best spring activities for seniors. Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.
2. **Start a daily walking routine.** Walking is one of the best exercises, and spring is the perfect season to head outside and enjoy a walk. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.
3. **Start spring cleaning tasks.** Getting organised is a great spring cleaning chore, so take a few days and start clearing out some of the items you no longer need on a daily basis.
4. **Enjoy a picnic.** Find a sunny area to sit outside with some snacks and simply bask in the sun to get some much-needed vitamin D.
5. **Feed the birds.** Bird-watching is a stimulating activity many seniors enjoy. You could even hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your room.
6. **Have fun with the grandkids.** Children love being outside, so find some activities you can enjoy together. For instance, kite-flying or drawing pictures with sidewalk chalk.



Traditional Victoria Cake

- 200g butter, at room temperature, chopped
- 200g caster sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 200g (1 1/3 cups) self-raising flour
- 160g (1/2 cup) strawberry jam
- 300ml thickened cream, whipped to firm peaks
- Icing sugar, to dust
- Fresh strawberries, to serve

Prep: 20mins

Cook: 20mins



1. Preheat oven to 180/160C fan forced. Grease two round 20cm cake pans and line the bases with baking paper.
2. Use electric beaters to beat the butter and sugar in a small mixing bowl until pale and creamy. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Transfer the mixture to a large mixing bowl.
3. Sift the flour over the butter mixture and use a silicon spatula to fold through until evenly combined. Be careful not to overmix. Divide the mixture evenly between the cake pans.
4. Bake for 20 minutes or until lightly golden and springy to a gentle touch. Cool in the pans for 5 minutes, then run a knife around the edge of the cakes to loosen and turn out onto wire racks. Carefully invert cakes on rack so it is right way up and set aside to cool completely.
5. Place one of the cakes on a serving plate and spread with the jam. Dollop with the whipped cream and place the other cake gently on top. Dust with icing sugar. Serve with fresh strawberries.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Celebrate Spring

ACROSS

1. Pools of water that accumulate after it rains
3. Plants that usually have petals
6. Type of raincoat
10. Another name for a polliwog
11. To turn from ice into liquid
12. Planted underground and bud above ground
13. Portion of land where flowers, fruit, or vegetables are grown
14. Type of color that is light and soft rather than dark and bright
15. When flower buds open



DOWN

2. Easily recognized yellow flower with trumpet-shaped center
4. Arch of color seen in the sky after rain
5. The color of healthy grass
7. Toy that can be flown in the air
8. Insect with large often brightly colored wings
9. Brown bird with red in front
10. A spring-flowering plant that starts out as a bulb



Answer from Winter Puzzle: One kind word can warm three winter months