

Christadelphian Aged Care

2019/20 SUMMER NEWSLETTER

ASHBURN HOUSE

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Manager's Message

Wow! Spring has sprung here at Ashburn House.

It is fabulous to see our residents utilising our outdoor spaces be it the outdoor garden areas or the Bronte café which spills out into our lush garden. This really is the hub of our home and it was great to see it overflowing with residents and their guests during our first and hugely successful Grandparents Day. Check out the photos on our Facebook page.

The air conditioning upgrade is well underway and Ku-Ring-Gai and Minnamurra wings have been completed and the builders are quickly getting on with the rest of the job. Temporary cooling units and fans have been distributed in bedrooms and common areas to ensure the environment is comfortable. On the really hot days we have taken the opportunity to enjoy ice blocks to keep us all well hydrated.

As part of our continuous improvement, we have recently moved to an electronic medication management system to improve efficiency and has additional safety alerts to assist us to minimise medication errors. Our staff have quickly adapted to the new system and provided positive feedback. The benefits include digital photographs to assist identifying residents and live updates of medication charts when the prescriber makes a medication change such as prescribing antibiotics when indicated and pain relief.

The Residents Christmas Party will be held on Friday 13th December 2019. Invitations will be sent via email in the coming days and a notice will be posted on the Notice boards on each floor.

Kind Regards, **Donna Sunderland**

- Director of Consumer Care & Services

It's not
WHAT'S UNDER
THE tree
THAT
matters
IT'S WHO'S
gathered
AROUND IT



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

A *Saviour*

WHICH IS *Christ*

THE LORD

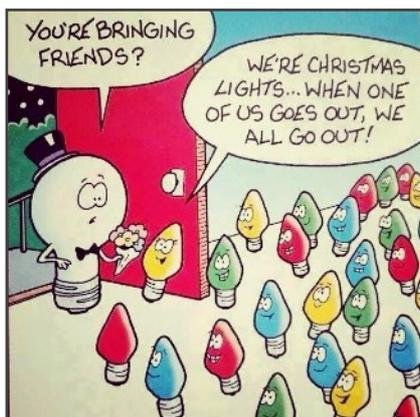
LUKE 2:11



News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Wolfgang L	Betty W	Beverley H
Greta S	Jo B	Tony K
Verlie D	Joan B	Mary H
Ray D	Jordanis O	Liese-Lore S
Valerie K	Feng F	Nicholas V
Daniel O	Chris B	Bill P
Vicki K		
Gwendoline B		




 Have a
 Very Merry
 Christmas
 and
 Happy New Year

UPCOMING EVENTS

DECEMBER

- 10th** - Dancing with Charles the Dance Tutor
- 11th** - Entertainer: Roseanna Gallo
- 13th** - Christmas Celebration: Entertainment by Leo Novikov
- 17th** - Christmas Concert at Henley Long Day Care Centre
- 17th** - Anglican Christmas Carols

JANUARY

- 10th** - Entertainer: Joe Powell
- 15th** - Entertainer: Murray Ferguson
- 17th** - Kindi Farm
- 22nd** - Family Fun Day: Summer Splash
- 24th** - Entertainer: Evelyne Weltlinger
- 24th** - Australia Day Celebrations
- 29th** - Entertainer: Mike Tsama

FEBRUARY

- 7th** - Entertainer: Leyla Nassif
- 12th** - Entertainer: Lisa Budin
- 21st** - Entertainer: Emilio Garcia
- 26th** - Entertainer: Ross Hamilton



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

facebook.com/christadelphianagedcare



Activity Reviews

FATHER'S DAY AFTERNOON TEA & RAFFLE

For Father's Day we all had a great time dancing with Charles the Dance Tutor, followed by an afternoon tea and raffle. Our local community kindly donated all of the prizes, including two \$50 vouchers from the Gladesville Bayview Hotel, a \$25 voucher from the Tennis Ranch,

family passes to Ryde Aquatic Leisure Centre, a Johnnie Walker gift pack from Lady Anne Funerals, a bottle of red wine from Gladesville Dan Murphy's and a Darrell Lea Father's Day Chocolate Bag from Glades Village Pharmacy at Gladesville Shopping Village. Bunnings at Rydalmere also kindly

donated all the tools we will need to begin building our Street Library, which will be the first project of our Men's Group. We can't wait to get it started!



HENLEY LONG DAY CARE CENTRE CHILDREN

Ashburn House residents were so excited to welcome our pen pals from Henley Long Day Care over for a visit on 22 August. We had so much fun playing with balloons on the parachute in Ku-Ring-Gai, singing songs in Minnamurra and playing with puzzles and drawing with chalk in the Kimberley Garden.

On 23 October, a small group of residents went over to visit and play with the children at the day care centre. We were treated to a puppet show, pretended to eat rock cakes, read stories to each other and lots of other games! We look forward to welcoming the children over to Ashburn again soon!



Activity Reviews

GRANDPARENT'S DAY

Our inaugural Grandparents Day event was brilliant! The day featured old fashioned games including egg and spoon races, sack races, skipping, snakes & ladders and a scavenger hunt. We also enjoyed a craft activity and lawn games. Our residents had a wonderful time catching up with their grandchildren and sharing memories from their childhood.



Activity Reviews

GUIDED RELAXATION

Our weekly Guided Relaxation sessions continue to be a success. We begin with a head to toe relaxation and finish with a visualisation, sometimes of being at the beach, in a peaceful meadow or even floating on a cloud!

For some of the participants, this has been their first experience meditating, and it has been wonderful watching everyone in the group get so good at it! The benefits of meditation include reducing stress, improving sleep and increasing focus.



CULTURAL GROUPS

We are initiating several culture specific activities to cater to the needs of Ashburn residents from diverse cultural backgrounds. Currently we have started programs for three cultural groups - Greek, Italian and Russian.

We have a Greek cultural hour facilitated by volunteer, Felicia, where the residents read Greek newspapers, discuss events, reminisce and listen to Greek music together. Felicia also provides one to one conversation to the members of the group when required. Our Volunteer & Pastoral Care Coordinator, Nerida, has organised a Greek Orthodox service to be conducted at Ashburn House for special religious dates.

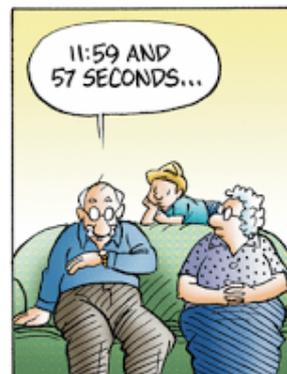


An Italian cultural group was introduced to teach residents the language and more about the Italian culture. We are also building a collection of Italian music.

With the assistance of family members, we have obtained traditional Russian music for our Russian residents and Nadheera has obtained a recording of the Hymns of the Russian Orthodox Church.



The next cultural group we are working on is the Chinese resident group. We are currently using a translation app to communicate and have obtained some violin music.



Activity Photos



<--
Art & Craft

Knitting Club
-->



<-- Arthur, Sabi and Pat collecting grass for the Kimberley birds



<-- Enjoying the
sunshine on the
Daintree balcony



Irish resident Pat
visits Irish Shop -->



Auburn Botanic Gardens
Cherry Blossoms -->



OUTINGS

Rumsey Rose Garden in
<-- Parramatta Park

Outing to the Art Gallery of NSW
to see the Archibald, Wynne &
Sulmann Prize Exhibition
↓



Resident Story - Dorothy Van Heerkeren



Dorothy Van Heerkeren (nee Carson) was born on the 9 September 1929 and recently celebrated her 90th birthday with family and her Ashburn friends.

She grew up in Drummoyne and lived in her earlier years in Victoria Place back in the day when the old Gladesville Bridge still existed. Dorothy went to Drummoyne Public School and then to Riverside Girls High School.

The family home backed onto tennis courts and this is where she spent many enjoyable hours and became a keen tennis champion.

After leaving school, Dorothy learnt shorthand and typing and became a stenographer and spent most of her working life at Unilever at Balmain as Secretary to the Head of Engineering. For a

brief period, she worked at James Hardie in the City and this is where she met her future husband William, a former Ashburn Resident.

They married on 11 September 1954, very memorable 9/11 and were married for 64 years.

In their earlier life, Dorothy and William loved to go ballroom dancing and they were familiar faces at the dance halls around Sydney.

When Dorothy left work to have her first child, she dedicated her life to looking after and raising her family. She had two girls and one boy. She now has five loving grandchildren into the mix.

She used to love to look after birds. What started with one budgie ended up being more budgies and rainbow lorikeets which she attracted and took in as strays.

Dorothy loved family car trips on the north coast and she also had an overseas trip to the USA and Hawaii.

Dorothy had many skills of which she could be proud. She was an expert at knitting, she loved to knit on the tram to work, excellent at sewing and produced some amazing embroideries. She was also very good at cooking. She was very house proud and very organised and neat and tidy. We called Dorothy the Queen, same hair, same handbags and same quiet calm demeanour!



It can't be denied that Dorothy is one tough cookie. She suffered from breast cancer and beat it and then suffered a debilitating brain haemorrhage and injury which she has learnt to live with for the past 25 years.

Everyone remarks how happy Dorothy is. She is always laughing, telling people to 'smile please'. Everyone knows that Dorothy is 'the belle of the ball' because she tells them so! She loves to sing upbeat tunes such as 'Blue Skies' and 'You are my Sunshine'.

She loves to listen to her friend Sofia play tunes on the piano.

Ashburn has been home to Dorothy for the past 8 ½ years. Everyone knows Dorothy!

Pastoral Care



LOVE

Unconditional Love

"Above all, love each other deeply..." - 1 Peter 4:8

Unconditional love is known as affection without any limitations, or love without conditions. True, unconditional love doesn't run away when things get tough. Someone who loves unconditionally not only loves the other person despite their flaws, but, they also love them because of them!

The easiest example is our love of our family with our children being the prime example.

Unconditional Love Is Powerful

When we love unconditionally, and when we receive unconditional love, we find that there is power in those feelings and actions. We find hope. We find courage. Things we never knew to expect, come from giving to one another without any expectations.

1 Corinthians 13:4-7 says: *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres."*

Sometimes Unconditional Love Is Hard

When we love unconditionally, it means that we even have to love people in tough times. This means loving someone when they're being rude or inconsiderate. It also means loving our enemies. Unconditional love takes work.

Matthew 5:43-48 says: *"You have heard people say, 'Love your neighbours and hate your enemies.' But I tell you to love your enemies and pray for anyone who mistreats you. Then you will be acting like your Father in heaven. He makes the sun rise on both good and bad people. And he sends rain for the ones who do right and for the ones who do wrong. If you love only those people who love you, will God reward you for that? Even tax collectors love their friends. If you greet only your friends, what's so great about that?"*

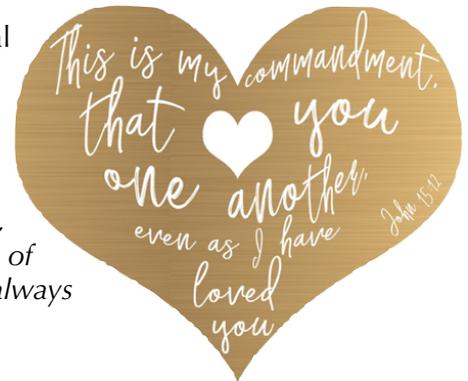
LOVE today

How does Love from others make you feel? Love can be expressed in so many ways. A hug, a kiss, a "well done!" or an "I love you" are immediately recognised as expressions of love. Other expressions may be more subtle. Showing interest in others lives, showing kindness and patience, going out of our way to make someone feel special - these, too, communicate love.

Fortunately, great amounts of time are not required for us to begin expressing more love. Seconds and minutes are sufficient to lay a gentle hand on a shoulder, to sit together, share a gentle smile or the holding of a hand.

So as we feel the warmth of summer, let's consider the importance of love. Let's give more of ourselves & show more love in the things we do & the words we say to those around us.

By Carmel Hayden - Volunteer & Pastoral Care Coordinator, Maranatha QLD



Bereavements

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



Volunteer Corner



We say 'Thank you' and 'Farewell' to Leslie who has been a fabulous movie host for Ashburn House, starting the weekly movie club and sourcing the movies over the last 3 years.



MOVIE CLUB

The group have enjoyed classics, westerns, musicals and current films; Leslie was always happy to arrange which ever movie had caught our resident's attention.

Thankfully this is not the end for the movie club as Kathy has kindly agreed to fill the position and continue to facilitate the group, which not only enjoy watching the movies but talking about them as well. For some it is the highlight of their week.

Our group of volunteer visitors is growing, now including a German speaking visitor among others who come on a regular basis for individual visits. A chance for a chat is always appreciated, both on an individual basis and gatherings including Marianne's chat group and the Greek Cultural hour to name a few.

We are still looking for someone to help with a Men's Shed style activity, so please let us know if you have some handyman skills and a spare hour or two!



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

Staff Profile - Rachel Askew



Hello! My name is Rachel and I'm the Diversional Therapist and Leisure & Lifestyle Team Leader at Ashburn House. I started in mid-May and have loved every minute so far. I've lived in Sydney my whole life, growing up in Newtown. I studied a Bachelor of Health Science, double majoring in Therapeutic Recreation & Health Service Management at Western Sydney University, finishing at the end of 2013. I was recently appointed to the board of Diversional & Recreation Therapy Australia, in the position of NSW State Representative and run a network group for other lifestyle professionals working in aged care.

In my spare time I enjoy checking out markets, spending time with friends and trying to keep my plants alive (my thumb is slowly getting greener!).

Read, Rest & Relax!



SUMMER OUTINGS/IDEAS

It's that time of year when the outdoors call! Spending time outdoors is good for all ages, but especially beneficial if you are "getting up there" in years. It increases our vitamin D levels, which helps fight certain conditions such as osteoporosis, cancer, heart attacks and depression.

- **Picnic at a local park/playground** - bring the kids too during school holidays for more fun!
- **Fishing Excursion** - You can cast a rod for fun from a fishing pier or along a riverbank
- **Reinvent your Green Thumb** - did you/your loved one always enjoy gardening? Plant your vegetables or flowers in raised flowerbeds or pots to help with reduce bending over.
- **Attend a Coffee Group** - or start one with your friends and neighbours. Members can take turns hosting in their homes or in a local cafe. Meet once a week or monthly.
- **Go to the beach** - whether its for a stroll or a dip, the beach is always invigorating.

COMMUNITY EVENTS

- **Attend Museum Activities** - many museums/societies offer summer activities for free.
- **Catch a Sporting Event** - enjoy a local team, your grandchild's team, or even a professional event. Many stadiums offer discounts for senior citizens.
- **Walk Around the Flea Markets, Farmers Markets or Craft Shows** – check the community events section in your local newspaper or search the internet for your local area events.
- **Catch a Movie** - many communities offer outdoor movie nights/ events during the summer months. If it is an especially hot afternoon, check for your local cinema for senior discounts/day.



Christmas Pavlova Wreath

- 4 egg whites
- pinch of salt
- 115g caster sugar
- 2 teaspoons cornflour
- 1 teaspoon vanilla essence
- 1 teaspoon malt vinegar
- 300ml cream
- 500g fresh berries and cherries



1. Preheat the oven to 170°C.
2. Cut a length of baking paper about 90cm x 10cm wide. Make into a circle standing on its edge and secure with paper clips. The circle needs to be 25cm diameter. Cut another length of paper to form a smaller circle of 8cm diameter. Line a baking tray with baking paper and place the large circle.
3. Beat the egg whites and salt until peaks form. Add the sugar a little at a time while beating until very thick and glossy. Sieve in the cornflour and gently fold in along with the vanilla and vinegar.
4. Spoon the mixture around the inside of the large paper ring to form a ring shape. At this point nestle the smaller ring in the centre to help get an even ring.
5. Place in the oven and immediately reduce the temperature to 120°C. Bake for 2 hours. Remove from the oven and cool.
6. Very carefully remove the baking paper from the pavlova and place the pav on a plate. Whip the cream to soft peaks and spoon over the pavlova then arrange the berries and cherries on top.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

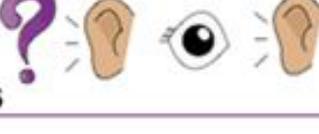
E₁

Christmas Carol Picture Puzzle



Each numbered box contains pictures that are clues to its title.
Write the number next to the carol it matches.

- | | | |
|---|--|---|
| <input type="checkbox"/> Angels We Have Heard on High | <input type="checkbox"/> O Holy Night | <input type="checkbox"/> I Heard the Bells on Christmas Day |
| <input type="checkbox"/> Caroling of the Bells | <input type="checkbox"/> Little Drummer Boy | <input type="checkbox"/> Do You Hear What I Hear? |
| <input type="checkbox"/> Away in a Manger | <input type="checkbox"/> Silent Night | <input type="checkbox"/> I Saw Three Ships |
| <input type="checkbox"/> While Shepherds Watched | <input type="checkbox"/> Mary, Did You Know? | <input type="checkbox"/> Go Tell It on the Mountain |
| <input type="checkbox"/> Joy to the World | <input type="checkbox"/> What Child is This? | <input type="checkbox"/> Hark the Herald Angels Sing |
| <input type="checkbox"/> O Little Town of Bethlehem | <input type="checkbox"/> The Holly and the Ivy | <input type="checkbox"/> We Three Kings of Orient Are |

1 	7 	13 
2 	8 	14 
3 	9 	15 
4 	10 	16 
5 	11 	17 
6 	12 	18 