

Christadelphian Aged Care

2020 AUTUMN NEWSLETTER

# ASHBURN HOUSE

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

Leaves  
ARE FALLING  
Autumn  
IS CALLING

Now these  
THREE REMAIN:  
FAITH, HOPE & LOVE  
BUT THE  
greatest  
OF THESE IS  
Love  
1 Corinthians 13:13



## Manager's Message

Wow! Here we are in 2020. We are certainly lined up for an action packed ride.

We are due for re-accreditation at any time before May and we are working on multiple projects to assist us to showcase the hard work and quality improvements we have made over the past 12 months. We have upgraded the clinical documentation system to conduct comprehensive care and wellbeing assessments and person centred care plans in collaboration with our residents and representatives. This process is at the centre of the New Quality Standards which were legislated on the first of July 2019.

The revised Standards have impacted on many areas of aged care and the delivery of the services we provide. This includes catering and food services, housekeeping and laundry and the living environment. To this end we are constantly finding ways to improve our performance. We take feedback seriously and see it as a measure of our service and can facilitate an improvement. We are in the process of introducing mesh bags for all residents to hold personal items which are sent to the laundry and aim to improve the quality of the service and to reduce the turnaround time. We are conducting regular audits to ensure our processes are efficient and reliable.

The air conditioning project is well underway and the builders will be back on site in early March to continue to upgrade the system. Many bathrooms are currently being refurbished at present and two dining rooms are about to be repainted and furnished.

Feel free to phone or email me with any questions or concerns or just pop in for a chat.

Kind Regards, **Donna Sunderland**

- Director of Consumer Care and Services



# News & Upcoming Events



MARCH	APRIL	MAY
Evelyn	Ann	May
Mollie B	William N	Janice
Giovanni	Wendy	Jeannie
Peggy	Gay	John
Harry	Helen	Irma
	Donald	Renee
	Patricia C	Lun
	Barbara	
	Joan F	
	Joan C	



## UPCOMING EVENTS

### MARCH

- 6th - Concert by Evelyne
- 8th - International Women's Day
- 11th - Concert by Lisa Budin
- 12th - Resident & Relative Meeting
- 17th - St Patrick's Day
- 19th - Ashburn House visits Henley Long Day Care Centre
- 20th Concert by Don Hopkins
- 21st - Harmony Day
- 25th - Dancing with Charles the Dance Tutor
- 25th - Greek Independence Day
- 27th - Flower Arranging with Liz
- 27th - Paws Pet Therapy Visit

### APRIL

- 8th - Concert by Roseanna Gallo
- 9th - Henley Long Day Care visits Ashburn House
- 12th - Easter Sunday
- 16th - Resident & Relative Meeting
- 17th - Concert by Hugh Moran
- 22nd - Concert by Tony Mazell
- 24th - High Tea
- 25th - Anzac Day
- 27th - Anzac Day Service
- 30th - International Jazz Day

### MAY

- 1st - Concert
- 6th - Concert by Selwyn King
- 10th - Mother's Day
- 12th - International Nurses Day
- 13th - Concert by Lisa Budin
- 14th - Resident & Relative Meeting
- 17th - International Day against Homophobia, Biphobia, Interphobia & Transphobia
- 20th - Dancing with Charles the Dance Tutor
- 21st - Ashburn House visits Henley Long Day Care
- 22nd - Flower Arranging with Liz
- 22nd - Paws Pet Therapy Visit
- 27th - Concert by Leyla Nassif



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



[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)

# Activity Reviews

## CHRISTMAS CELEBRATIONS

Ashburn House residents were spoilt with Christmas events.

Our **Christmas Party** was well attended by both residents, families and friends and we enjoyed entertainment by violinist Leo Novikov and the Beats Working Choir. Residents saw the local Christmas lights on an evening scenic drive around Lane Cove, Riverview, Ryde and Greenwich.



Students from **Our Lady Queen of Peace Primary School choir** visited us and we sang Christmas carols, snapped Christmas crackers and played get-to-know-you games. We danced with Charles the Dance Tutor, dressed up as Santa!



We visited the children at **Henley Long Day Care Centre** and had front row seats at a Christmas concert they put on especially for us. We gave the kids bubbles which they went wild for.



# Activity Reviews

## THE MAKER'S SHED

The Maker's Shed is proving to be one of the most popular activities amongst the men at Ashburn. With Nitesh and Mark, they've been working hard building our Street Library, keep an eye out for it at the front of Ashburn House soon!

The next project will be restoring an old bird cage so we can add more birds to our furry family.



## CHINESE NEW YEAR

We celebrated Chinese New Year with an Armchair Travel to China learning all about the geography, language, music and culture. During our Chinese Food Tasting activity we snacked on spring rolls and dim sims, delicious!



# Activity Reviews

## KINDIFARM

We all had a wonderful time when the KindiFarm animals came to visit. There were two baby goats we got to bottle feed, rabbits, guinea pigs, baby chicks, a fluffy Chinese silky hen, a duck and a piglet! A big thanks to Adam at Caring Funerals for organising this for us.



## AUSTRALIA DAY

To recognise Australia Day we sang Australian songs, created Australian artworks and made lamingtons!

Earlier in the week we learnt more about the Australian outback through an Armchair Travel activity.



### *Pet Therapy visits*

*Resident Arthur as Santa*



*Cooking Club with our new portable oven!*



# Resident Story - Ann L. R.



I was born in Johannesburg in the 1940s. I was the third daughter in my family with two older sisters. I was fortunate to have a happy childhood and an excellent education. I loved school and enjoyed life both at school and at home. After matriculating, I went to university, where I studied English Literature, Anthropology and History of Art.

At that time in South Africa, the apartheid laws were very harsh and my parents were very much opposed to the situation. In 1966, my father was 'head hunted' to a lectureship at the University of New South Wales, and as a result we were very happy to leave South Africa as a family.

I furthered my studies at Sydney University, where I obtained a Teachers Scholarship, and in mid 1960s I received a Diploma of Education. I then started teaching at Arthur Phillip High School in Parramatta, where I worked for one and a half years. I moved on to teach at a catholic school called Our Lady of Mercy College, also in Parramatta. In both these schools I was able to increase my teaching techniques and I was very happy to have that development in my life.

During the late 1960s, I met my husband Peter Lumley, and we were soon married at St James Church in the city. Peter was also a teacher and in 1969 we decided to travel in Europe, where we lived for a year. As well as teaching in London we travelled for several months in a campervan, which was a big experience. Peter was three years older than me, and very knowledgeable, particularly about such things as galleries, museums and cathedrals. All these things influenced my experience and inspired my future life. In 1970, we returned to Sydney in time to renovate a house, and have our first baby. We called him Jonathan, and three years later we had our son named Matthew. I was delighted to have these two boys, and as a family we felt very blessed.

At this time, Peter was teaching at Riverside Girls High School, and was also studying at Macquarie University. As well as looking after my family, I started a part time position at TAFE so as you can imagine we were very busy. However, I loved the work and after several years completed a Master's degree at New England University by correspondence. I studied medieval literature specialising in works by Chaucer. Peter and I and the two boys grew in many ways as several years went on.

Sadly, in 1990 Peter became ill and was diagnosed with cancer. After two years of struggle he died, and I was devastated to think of myself as a widow. By that time, Jonathan was working and Matthew was still at school. We were all very sad.

At that time, I had been promoted to be the head of the Visual Arts department at Ravenswood School in Gordon and was fortunate to have a team of gifted and talented colleagues. I worked at Ravenswood for nineteen years. This was the start of a new chapter in my life. One of these teachers introduced me to Robert Rowe, and this was the beginning of a wonderful romance. Robert and I were married in 1995 at St Giles Church in Greenwich, where I have been a parishioner for many years.

Robert and I spent many happy times from then on. We went on many good trips in our motorhome, exploring Tasmania, Brisbane, Melbourne, Broken Hill, Long Reach, plus lots of many times up and down the East coast. I said I would look after the food as long as he did absolutely everything else, including the driving! We worked out good routines between us in this way, and saw plenty of Australia.

# Resident Story - Ann L. R.

## CONTINUED...

I retired from full time work when I turned fifty years old, and changed direction to teach English to migrant people at Crow's Nest Community Centre. I also ran a multicultural group, which we called 'Handy Friends'. We arranged weekly outings in the city and beyond, for example the Museum, the Rocks area, St. Mary's Cathedral and even to the Nan Tien Temple near Wollongong. I was also working twice a week at Sydney University teaching adults History of Art, and this was most enjoyable. I worked in this way for nine more years. My long career as a teacher lasted for forty years altogether in various places. It was always challenging and exciting and I am very proud of this achievement.

Later on, Robert and I moved into a retirement village called Willandra Village in Macquarie Park and had several pleasant years there. We also spent some visits to Fassifern where Robert had a property - his children Emma and Nigel still live there. In 2013, Robert had a nasty fall and ended up in Ryde Hospital. He then went to Ashburn House to the section called Kimberley. Later when I broke my arm, it soon became obvious that I could not live alone and I also came to Ashburn House, and I still live here.

Robert died peacefully in November last year at the age of eighty seven. I am now a widow for the second time, and am now seventy five years old. However I have many faithful friends and lots of support from my family. My beloved sister Mary Ruth looks after me on Thursdays and my two delightful nieces Elizabeth and Ann Margaret visit me every single Sunday. I am very blessed with my family. My son Jonathan lives in Newcastle, and Matthew lives in Wollongong, so they come to see me whenever they can. I wish they were closer but at least I am half way between them here in Sydney.

My life here in Ashburn House is very pleasant, as I enjoy concerts, movies, bus trips, Italian classes, and exercise classes, Bingo, Scrabble and Rummikub on Saturdays. I listen to music and read widely – in fact reading is my main hobby. The nurses are wonderful and the leadership is excellent. I have now lived here at Ashburn for three years, and feel very happy to be here.

## Staff Profile - Dannielle



Hi everyone, my name is Dannielle. I started work at Ashburn House back in September 2019.

I work here as an Endorsed Enrolled Nurse. I'm located on level one where I help out and do medications. If I haven't had the chance to introduce myself, hello, and I'm sure I will in the near future.

I'm originally from the sunny state of Queensland from a small town called the Gold Coast, which has a population of about 570,000 people. A lot larger now than it was a decade ago! The Gold Coast is known for its endless coastlines, beautiful clear blue skies and extraordinary beaches. It was a very relaxing place to grow up and if you loved the beach it was always close by.

I am from a large family consisting of four brothers and two sisters, so I am one of seven. My siblings are all living around the country and one of my sisters is living in Ireland.

I have really enjoyed my time here at Ashburn House and the staff here are very compassionate and kind people. I'm very grateful to be working with such wonderful people. I look forward to creating more and new memories with you all. Wishing everyone a fantastic and healthy 2020.

# KNOW PNEUMONIA

KNOW YOUR RISK & PROTECT YOURSELF

Pneumonia is a common and potentially fatal lung infection that should not be underestimated. One of the most life threatening types is Pneumococcal Pneumonia.<sup>i</sup>

## WHO IS AT RISK?<sup>ii</sup> Pneumococcal pneumonia can affect anyone, but those at a higher risk are:



**65+ years young**



**Tobacco smokers**



**People with medical conditions** such as diabetes, cancer or a chronic disease affecting the lungs, heart, kidney or liver.



**Indigenous Australians**



**Infants aged 12 months and under**

## SYMPTOMS<sup>iv</sup>



**Difficulty breathing**



**Cough**



**Fever**



**Fatigue**



**Chest pain**

## HOW DO YOU CATCH IT?<sup>ix</sup>



**Pneumonia is easily spread through sneezing and coughing.**

The infection can develop in just 1 – 3 days.

## TREATMENT<sup>v</sup> Can include:



**Hospital admission**



**Plenty of fluids**



**Antibiotics & medication**



**Rest**

## PREVENTION



**Hand & home hygiene<sup>i, vii</sup>**



**Quit smoking**



**Vaccination**

Free for Australians 65+, Indigenous Australians & infants 12 months or under<sup>ii, viii</sup>

## FAST FACTS



**Over 77,500** pneumonia hospitalisations in Australia each year.<sup>iii (2011-12)</sup>



**The average hospital duration rises with age, from 6 days for those under 65, to 13 days for those 65+.<sup>vi</sup>**

## BARRIERS<sup>x</sup>

**Why don't people protect themselves? Research shows they don't know:**

- they are at risk
- steps to protect themselves
- the severity.

**IF YOU EXPERIENCE ANY SYMPTOMS SPEAK TO YOUR DOCTOR.**

FIND OUT MORE

**lungfoundation.com.au**  
or phone 1800 654 301.



## SUPPORT

For more information, resources and access to patient support services, please contact Lung Foundation Australia.



**Lung Foundation Australia**

when you can't breathe... nothing else matters<sup>®</sup>

<sup>i</sup> World Health Organization (WHO). Pneumonia fact sheet. September 2016. WHO. Available at <http://www.who.int/mediacentre/factsheets/fs331/en/> [last accessed Feb, 2017].  
<sup>ii</sup> NIMHRC. The Australian Immunisation Handbook, 10th Edition, 2013 (updated June 2015) Chapter 4.13. Available at [http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/7928E8F57E0995CA25704001D8F85F51e/\\$File/Aus-Imm-Handbook.pdf](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/7928E8F57E0995CA25704001D8F85F51e/$File/Aus-Imm-Handbook.pdf) [last accessed Feb, 2017].  
<sup>iii</sup> Lung Disease in Australia, 2014, Woodcock Institute of Medical Research  
<sup>iv</sup> Department of Health and Ageing. Immunise - Pneumococcal Disease. Last modified April, 2015. Available at <http://www.health.gov.au/internet/immunise/publishing.nsf/content/immunise-pneumococcal> [last accessed Feb, 2017].  
<sup>v</sup> State Government of Victoria - Better Health Channel. Pneumonia. Last modified June 2015. Available at [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Pneumonia\\_explained](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Pneumonia_explained) [last accessed Feb, 2017].  
<sup>vi</sup> Australian and New Zealand Society for Geriatric Medicine. Position Statement - Immunisation of older people. Australas J Ageing 2016; 35(1): 67-73  
<sup>vii</sup> Jacups SP, Cheng A. The epidemiology of community acquired bacteremic pneumonia, due to Streptococcus pneumoniae, in the Top End of the Northern Territory, Australia - Over 22 years. Vaccine. 2011; 29: 5386-5392.  
<sup>viii</sup> AIHW. Australia's health 2014. Australia's health no. 12. Cat. no. AUS122. Canberra: AIHW.  
<sup>ix</sup> Centres for Disease Control and Prevention. Pneumococcal disease. Available at <https://www.cdc.gov/pneumococcal/diseases/clinical-features.html> [last accessed March, 2017].  
<sup>x</sup> Lung Foundation Australia 'Know Pneumonia' 2017 research survey. Conducted by YouGov, commissioned by Lung Foundation Australia. April 2017.

# A Gift with a Difference

WRITTEN BY ROD GRAYDON



Finding a gift for a relative or friend can sometimes be challenging, especially if they are in an Aged Care home or Retirement Village where they have most of the things they need.

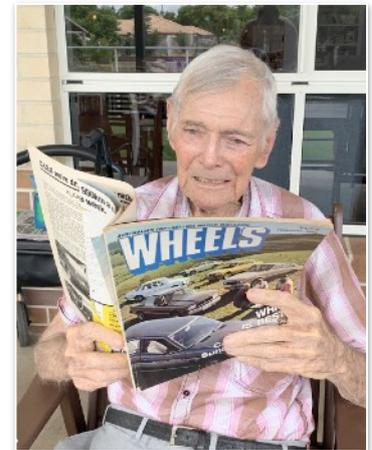
Popular presents include flowers, chocolates, socks or lottery scratch it tickets. But what if others in the family give the same?? A few years ago, I thought about giving a personal gift and realised the internet has opened up a whole new world of opportunities.

First was a birthday present for my dad, Bob. I went onto eBay, an online marketplace, and typed in his date of birth 23rd December 1923 and found a National Geographic Magazine published on that date. He was rapt with it. Another friend for her 50th birthday received a Woman's Day Magazine published the day after she was born with a note that her mum was probably reading this whilst cradling her as a baby. Magazines, post cards of favourite places your relative/friend may have visited or even the sales brochure for a favourite car they may have had or longed for.

Simply go onto eBay or other sales sites and type in a date, be it a birthday, wedding day or other significant time. If you can't find the exact date try the month and year, i.e. March 1945. I have sourced magazines and brochures from around Australia and even other countries with the cost including postage often under \$20.

The possibilities are endless and the gift means so much more as you can all talk about it as you rekindle special times from the past.

The happy times you create today are the memories you'll cherish tomorrow.



Bob Graydon reading a 1980 Wheels Magazine with an article on the TE Cortina, a car he bought new in 1980.



# Pastoral Care

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



**WHAT TIME IS IT?**

**WHERE DOES TIME GO?**

**DO WE HAVE TIME?**

It seems that we live our whole lives based around TIME, if we have enough of it, wondering where it went, what we can fit into the amount we have!!

**Maybe it's Time to stop worrying about Time.**

Recently, while entertaining my eight year old grandson with board games, he suddenly stopped what he was saying mid-sentence and said "Nan, what time is it?" I told him it was 12:15. He looked at me with absolute horror and said very seriously, "It's past lunch time". I then asked him if he was hungry and he said no, not really, but everyone knows that 12 o'clock is when you have lunch. Mmmmmmm.

And it was that conversation that started me thinking about how much emphasis we place on time and the fact that we can let ourselves live a little robotically if we are not careful.

Most of us live by the clock, when we rise, leave for work, return from work, have dinner, go to bed and so we begin all over again. ROBOTS, indeed.

But what about the time spent doing what really matters? Do we think about that often enough, do we make enough time for the things that can so easily be put aside for 'another time'.



Time spent relaxing with family and/or friends at home, at a party, on a picnic or BBQ. Time spent in solitude soaking up the beauty and wonder of a bush walk or the magnificence of a view from a high hilltop. Time spent in spring watching the new life of nature flourish all around us. Time spent in Autumn admiring the carpets of beautifully coloured fallen leaves on the ground. Time spent breathing in

the freshness of a rainy day or following the lone footprints on a long sandy beach.

When we are young, the shortest time span can seem to go on forever but as we age we come to realise that our time is indeed shortened daily so if we are wise and able we should take off our blinkers, expand our vision and absorb the wonders of God's gifts.

I recently found this quote written anonymously:

*"Time is like a river. You cannot touch the same water twice, because the flow that passed will never pass again."*

God's word advises us to use our time wisely because He knows there are many things in life that can distract us from what truly matters:

*"Make the best use of your time, because days are short. Therefore do not be foolish, but understand what the will of the Lord is." - Ephesians 5:16-17*

**By Jan Murray**

- Volunteer and Pastoral Care Coordinator, Chamberlain Gardens

## Bereavements

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



# Volunteer Corner



Thanks to all our volunteers who helped with in December making the Christmas and festive season so enjoyable for all.



A special mention to the “Beats Working” barbershop quartet who helped entertain residents and guests at the Christmas Party.

Volunteers shared Christmas lunch with the staff as a ‘thank you’ for all the time given and to celebrate the

good team work that has developed here at Ashburn House.



Some new volunteers have joined us, including Hasan and Alannah who are volunteering in the evenings, playing card and enjoying a chat.

Lamington making, Australia Day pictures, Chinese New Year decorations are a few of the great things that volunteers have helped out with during January, as well as the ever popular bingo and chat groups.



After a quiet January all our Church services are back up and running. The plan for 2020 is:

- **Catholic services** are the first Thursday of each month, with Communion also given individually in the third week of each month.
- **Uniting services** are held the second Friday of each month
- **Anglican services** are held on the third Friday of each month, and occasionally when there is a fifth Friday a larger service will be held in Cronulla Theatre.



*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**

# Read, Rest & Relax!



## SENIOR FUNNIES

- I'm the life of the party - even if it lasts until 8 pm
- I'm very good at opening childproof caps - with a hammer
- I'm usually interested in going home before I get to where I am going
- I'm smiling all the time because I can't hear a thing you're saying
- I'm very good at telling stories; over and over and over and over...
- I'm not really grouchy, I just don't like traffic, waiting, crowds, lawyers, loud music, unruly kids, barking dogs, politicians and a few other things I can't seem to remember right now
- I'm wrinkled, saggy, lumpy, and that's just my left leg
- I'm sure they are making adults much younger these days, and when did they let kids become policemen? And, how can my kids be older than I feel sometimes?
- I'm wondering, if you're only as old as you feel, how could I be alive at 150?
- I'm a walking storeroom of facts - I've just lost the key to the storeroom door



## FLU PREVENTION TIPS



GET YOUR FLU SHOT

STAY HOME WHEN YOU ARE SICK



DRINK PLENTY OF WATER

EXERCISE OFTEN



WASH YOUR HANDS

EAT NUTRITIOUS FOOD



GET PLENTY OF SLEEP

COVER YOUR MOUTH AND NOSE



## Creamy Pumpkin Soup

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1L chicken liquid stock or vegetable liquid stock
- 1/2 cup (125ml) thin cream

(Serves 6)

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds.
2. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes.
3. Allow to cool slightly, then blend in batches.
4. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.



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>

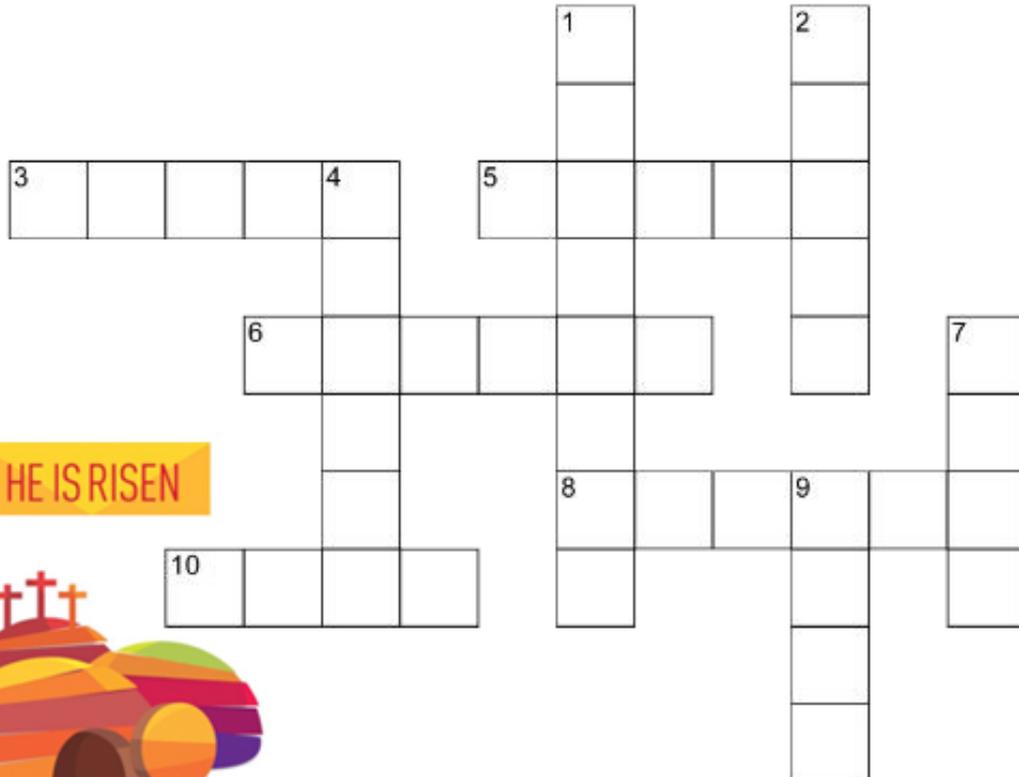
G<sub>2</sub>

E<sub>1</sub>

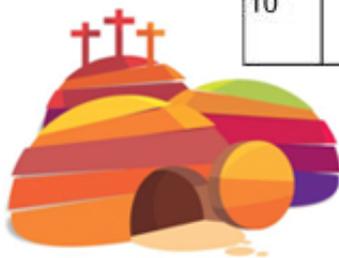


# Crossword

Solve the below Easter themed puzzle.



HE IS RISEN



## ACROSS

- 3 This was left behind in the tomb
- 5 Jesus died on this
- 6 The body of Jesus was prepared after his death and they put what on it
- 8 Holiday we celebrate for Jesus rising
- 10 Jesus dies on a cross for what

## DOWN

- 1 Mary thought Jesus was this
- 2 Who rose from the dead on the third day
- 4 This was folded up in the tomb
- 7 She looked in the tomb to find Jesus gone
- 9 Jesus was placed in this after his death

**Word Bank:** Cross, Easter, Gardener, Jesus, Linen, Mary, Napkin, Sins, Spices, Tomb