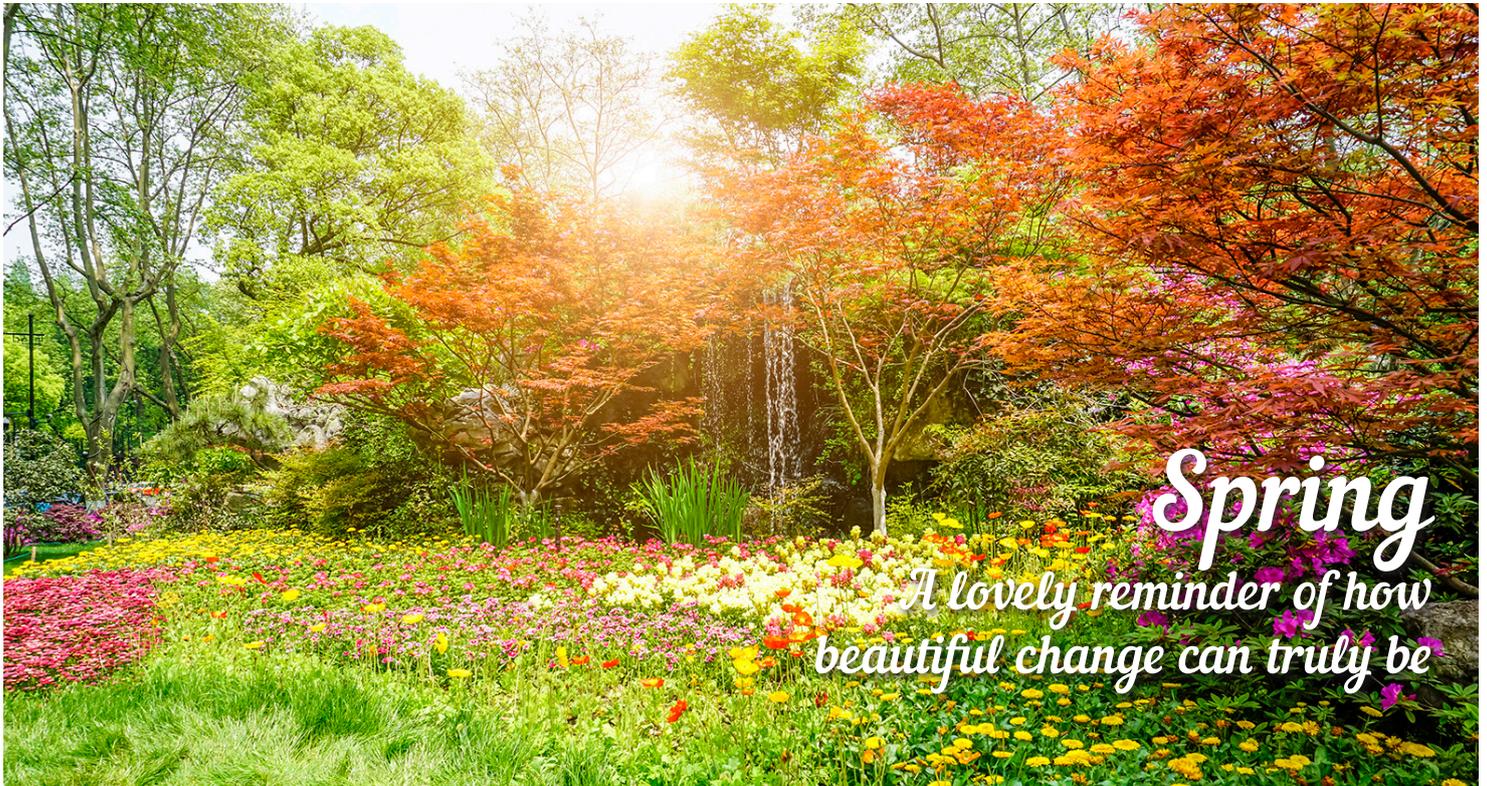




Newsletter

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



Spring

A lovely reminder of how beautiful change can truly be

MANAGER'S MESSAGE

Good day to all Residents, Families, Stakeholders and Staff of Ashburn House.

We are very happy to report that we have had no cases of Covid-19 with either residents or staff. We are continuing with all staff, visitors and contractors having their hands washed and their temperatures checked. We have also reinstated the wearing of masks for staff and visitors whenever they are inside the facility to protect the residents.

As a reminder that on June 22, 2020, the State Government have extended the strict implementation of influenza vaccinations. All staff and visitors must have been vaccinated against the seasonal influenza before entering the facility. It should be noted that failure to comply with the State Government's rules can incur a fine of at least \$11000 or imprisonment.

On a positive note, we have continued to have minimal respiratory infections in the last 3 months and we hope to continue the trend. We also had a follow up one day visit with the Aged Care Quality and Complaints Agency and they found us fully compliant with all the New Standards. We still offer

Skype calls for families who are unable to visit their loved ones and we have had good feedback with that service. We also have re-stated scenic drives on the bus which the residents have really enjoyed.

We also welcomed our volunteers back and we have started doing more activities with their help including flower arrangements which the residents really missed doing. Unfortunately our Diversional Therapist Rachel has resigned but we have appointed a very competent replacement with Madhu. She is a very experienced Leisure and Lifestyle team leader and she will continue the good work that Rachel has done for the facility.

Thank you to all Residents, and families for the positive feedback and support you have provided for the staff at Ashburn House. Let us continue to work together to keep everyone safe and well.

Thank you all.

Kind Regards, **Wilbert Espina**
- Acting Director of Consumer Care and Services



Upcoming Events

SEPTEMBER

- 1 First Day of Spring
- 1 Wattle Day
- 6 Father's Day
- 10 R U OK? Day
- 21 International Day of Peace
- 21-27 Dementia Action Week
- 23 International Day of Sign Languages

OCTOBER

- 1 International Day of Older Persons
- 20 World Statistics Day
(every five years, beginning in 2010)
- 25 NSW Grandparents Day
- 31 Halloween

NOVEMBER

- 1-30 Movember
- 3 Melbourne Cup
- 11 Remembrance Day
- 20 World Children's Day



For all the latest news
& photos follow us
on Facebook

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



Happy
International Day of
Older Persons
1 October



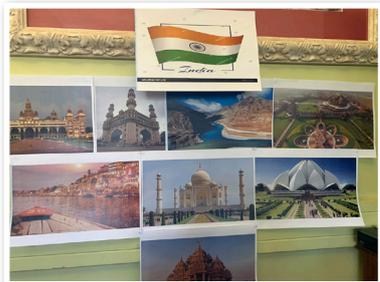
SEPTEMBER	OCTOBER	NOVEMBER
Mollie L	Kenneth T	Cecily C
Tuan A	Cecily M	Teresa C
Dorothy V H	Arlie V	Felicidad (Feli) G
	Patricia B	Kathe H
	Kerrie S	

Activity Reviews



ARMCHAIR TRAVEL

The focus in August was on India. We began with the Beautiful places in India and they are Taj Mahal in Agra, Lotus temple in Delhi, Akshar Dham in New Delhi and Mysore Maharaja Palace. Residents are happy that they are travelling in this pandemic while everyone are at Home.



CULTURAL FESTIVALS: Chinese Dragon Boat Festival + Italian Day

Our Chinese residents were joined by others who were interested in watching some dragon boat races and celebrating this aspect of Chinese culture.



Our Italian residents also celebrated their culture and were joined by other residents keen to make pizzas and enjoy talking about



trips to Italy and some of the great food.

ARTS + CRAFTS WEDNESDAYS

The Art and Craft mornings have been busy with residents continuing to enjoy colouring as well as work on a couple of projects.

Janelle led the charge with colourful photo frames being made using wool -



now proudly displaying pictures in many rooms. Our new volunteer Aster then followed with hand-made cards which look fantastic and very professional. We are looking forward to the future creations.



SENSORY CIRCLE

Bubbles were a huge hit with our residents

Activity Reviews



CRAZY HAIR DAY - saw our brave and fun loving residents put on wigs and hats, modelling for some great pictures and having a lot of laughs.



Activity Reviews



HAPPY BIRTHDAY - We love celebrating birthdays, and some photos of the ones we celebrated during our Winter period .



<-- Des



Margaret H -->



Eileen Johnston's 100th Birthday!



Olidia



Janet



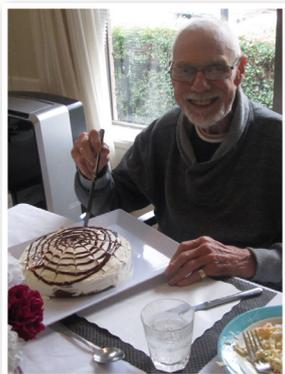
Jack



Ivy (Joan)



Gale



Peter



Margaret M



Thomas



Walter



Valerie

Bereavements

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



Resident Story

William John Williams



William John Williams was born on New Year's Day 1937 in the small English market town of Banbury, famous for its nursery rhyme and cakes.

His father was a Welsh professional soldier and his mother was an Irish lass from Cork.

William and his two brothers and two sisters grew up in wartime Britain. Their mother had to raise them by herself as their father was overseas in the Royal Artillery fighting in North Africa, France & Germany. William and his siblings had a relatively safe but adventurous war.

Once, William fell into the moat of nearby Broughton Castle and had to be brought home by the local lord in his fancy car as everyone in the street stopped and stared.

William was a bit of a tearaway when he was a teenager. He was one of the local 'Teddy Boys', one of the earliest types of teen gangs famous for their sense of fashion, hairstyles and rowdiness

One of his most famous exploits as a youth was when he cycled over 100 miles from Banbury to Cardiff by himself. A feat still mentioned to this day by his Welsh cousins.

Rather than wait to be called up for National Service, William volunteered to join the British Army. He was part of the Royal Welch Fusiliers contingent sent to Malaya to quell a communist insurgency. He became a corporal and radio operator and had experience of jungle warfare. His group was attached to a Ghurkha regiment and to this day he has a very high regard and respect for the Nepalese people. He is very happy that so many members of staff at Ashburn House are from Nepal.



William married soon after leaving the army and had two sons, Stephen & Keith. He worked as an engineering inspector for a company that made car parts such as brakes and clutches. An opportunity arose to transfer to the company's operations in Australia, so in January 1966 the family moved to Sydney.

William was always a keen sportsman, excelling in athletics, rugby and especially soccer. He played for Western Suburbs until a nasty tackle at Drummoyne Oval left him with a broken ankle. He still played socially well into his 50s, on one occasion both his sons played in the same game with him.

William became a single parent and raised his sons to become the fine gentlemen they are. You will often see them visiting William at Ashburn House. William has 5 grandchildren and eight great-grandchildren.

William was restless and decided on a relatively late career change. He had previously been a policeman for a short time in England and decided to join the Federal Police. During his time as a policeman he was stationed at Lucas Heights nuclear reactor, Sydney airport (where he escorted such celebrities as Boy George, John Travolta and Lindy Chamberlain) and he eventually became a Sheriff.

In 1982, he married Colleen, the love of his life. They shared a passion for travel and Rugby League although she was a Magpie and he is a Tiger.

Unfortunately, Colleen passed away last year and due to health issues and William had to move from the home they had shared. He has now settled into Ashburn House where is always being told, "slow down William!" because he walks too quickly, considering he has a couple of bad legs.

Written by Stephen Williams

Staff Profile

Madhu

Hello everyone!

My name is Geetha Madhavi Nittala, however everyone calls me Madhu. I recently started with Christadelphian Aged Care Ashburn House in April 2020 as a Leisure & Lifestyle Officer and am very happy to be here.

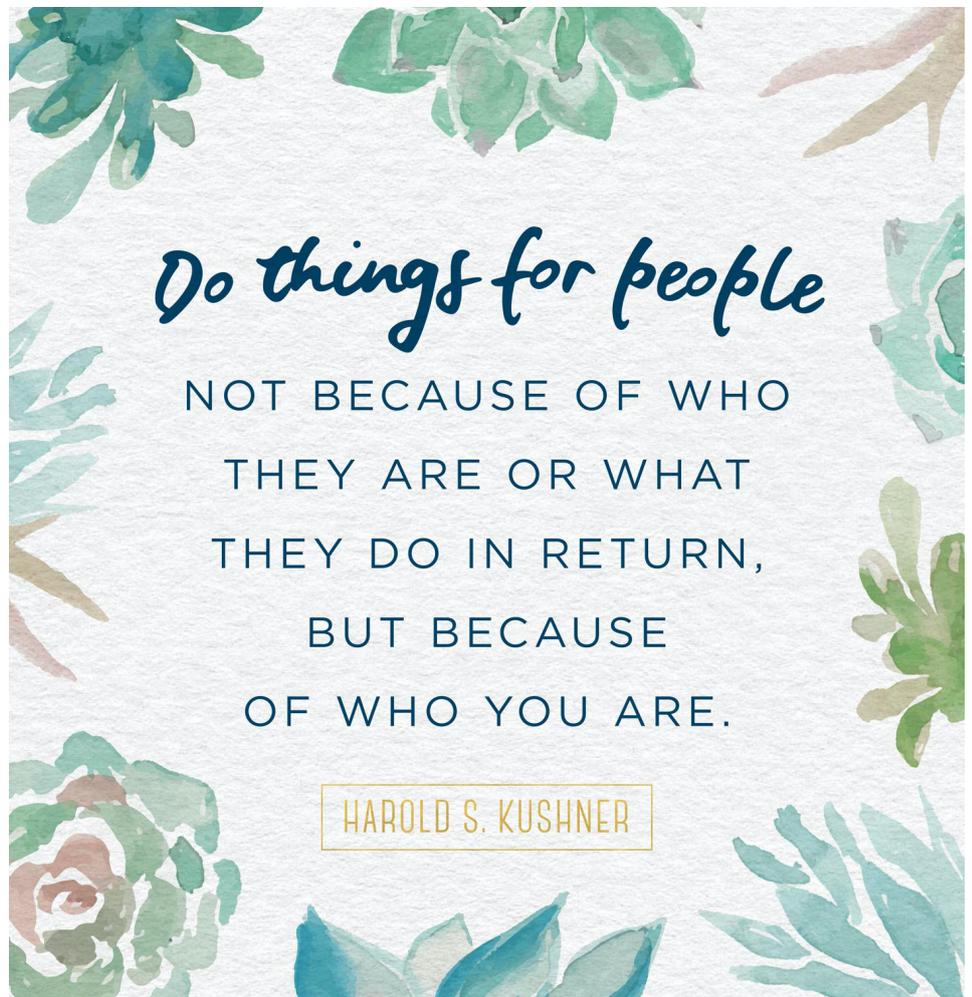
I grew up in Rajahmundry City of Andhra Pradesh in India. I graduated in Business Management in 2009 and was originally working in the Insurance Industry but, my passion is to work with elderly.

I immigrated to Australia in February 2016, where I stayed for four and a half years and did a couple of courses related to Aged Care and I have worked in Aged Care since then and I am loving it. I was a Leisure and Lifestyle Officer in another Aged Care

facility before I took up the challenge of being an Acting Lifestyle Coordinator.

Working in Aged Care for the last two years, I had job satisfaction. I like spending time with elderly people and enjoy chatting with them. In our house back in India, I used to be with my grandparents and I loved their company and listening to their stories.

I am very happy where I am now and the industry I am working in. I endeavour to meet the expectations of Ashburn House residents. I am looking forward to getting to know everyone here.





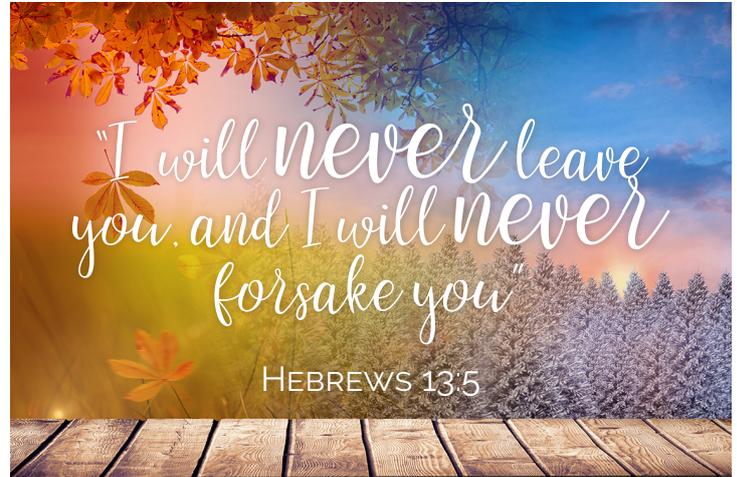
SEASONS... TIMES

By Ruth Njogah - Volunteer & Pastoral Care Coordinator, SOUTHHAVEN

The year 2017 was marked by a very tough season in my life. It was unexpected and landed me on a two-year recovery journey. The season seemed difficult because I could not see its end nor could I change a thing. I was far away from home as my family was in the middle of a transition across three continents!

My husband and I, with our two children, had set off to Australia with a short detour via the US in light of my husband's work. We had planned to be in the US for three to five months but ended up there for a year. We had wrapped up our lives into five suitcases and embarked on a journey. We knew our eventual destination but had no idea what hurdles lay in store.

When I look back at the past year and a half in Australia, we have been through a severe drought following the hottest recorded year for Australia-2019. We have experienced flash floods with severe storms and one of the worst uncontrollable and destructive bush fires in history. The world has battled and continues to battle some of the most ruthless killers in history - pandemics of Influenza, Smallpox, Cholera and the Bubonic Plague. Tough seasons seem to linger longer than we want... causing anxiety, great loss, pain and hopelessness. Well... these seasons may have seemed unending for those who have lived through them. But here we are, past the drought, the floods and the fires. And now we are facing yet another Pandemic that has gripped the whole world, namely Coronavirus (COVID-19)!



The Bible affirms that the occurrence of good and bad times in our lives is normal and inevitable. When we face the unknown, God promises to be with us - we can trust that He is in control.

Most regions of the world enjoy four seasons in a year: Spring, Summer, Autumn and Winter. However, the 4 seasons differ all around the world with regards to timing, duration and severity. For instance, although New Zealand has 4 seasons, they can all be experienced in one day! That is quite mind boggling for me coming from a part of the world with a moderate climate of 2 seasons. Life can definitely feel like that sometimes! Experiencing one tragedy after another.

In his book, Jim Rohn show cases the parallels between life and the changing seasons. Seasons will change without fail; impacting and bringing about change in our mood, our lives and perspectives (*Rohn, 2010*).

When I think back at the tough seasons I have faced, it has been encouraging to find support or receive the gift of presence from those around me.

Going back to my story above, I believe God used those around me to walk the recovery journey with me. I underwent a surgery that landed me back in hospital one week later with severe long-term complications. Moreover, I am forever indebted to my doctor; my parents who travelled across the oceans to encourage my family and I; my husband who spent nights on the hospital couch through the cold winter nights and walked the hospital corridors with me day after day; the church family that cared for us in a foreign land making sure we had a hot meal every evening!

Life will present seasons of doubt, anger, hopelessness,

fear, loss and pain. We will experience seasons of joy, a time of celebration, a moment of peace. In all these seasons, the burden seems to be lighter and the joy greater when we have someone to share our pain with; when we have someone to rejoice and celebrate with us. It's in the toughest of seasons that I have experienced God's *provision*, His *protection* and *presence*.

What a privilege it is to walk alongside others. **Pastoral care is such a precious gift - allowing us the opportunity to journey with others through seasons of life.**

Above all, we have a friend who promises to be ever present. Present to make a divine difference! Jesus wept when his friend Lazarus died - he wept as he saw the grief and despair in Mary and Martha. Equally, Jesus was present at the party- the wedding at Cana. Jesus was present in both scenarios in response to an invitation!

Life, like climate is dynamic. Each season has a purpose. The Winter (a time for plants to store up energy for new growth), will eventually give way to Spring (a time of new life); Spring give way to Summer (a time of growth) and the Summer give way to Autumn (a time of harvest and abundance)!

Seasons may leave behind scars and tears, evidence of pain and loss; but we continue to hope beyond what we can see or feel.

"Because with time, faith and love, even our scars can become beautiful." - Lauren Scruggs

Volunteer Corner

By NERIDA O'NEILL

It has been fantastic to have flower arranging with Liz back on the program.

The colours and the scents of the flowers really bring the activity room to life, brightening up the day for our residents who love having the flowers in their rooms to admire and show family.



We have a couple of new volunteers to welcome – Aster is assisting with craft projects as mentioned in the activity reviews, and Rowena is helping with the big task of sorting and cataloguing our CDs and DVDs. July also saw the return of Marianne's chat group, Rummying with Rhonda and a face to face Uniting Church service with Rev Seungjae.



Do you have something/someone you would like to pray for?

Ask a nurse/receptionist for a prayer request card.



Thanks to all our volunteers for their help and commitment and for everyone's flexibility in the constantly changing circumstances.

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



Nerida O'Neill

VOLUNTEER & PASTORAL CARE
COORDINATOR

e: noneill@chomes.com.au

p: 0434 946 184

SPRING CLEANING TIPS

Finally, springtime is knocking at our door! After winter, we're ready to swing open the windows and let the fresh air flow in. Spring is a season of renewal. Symbolically, it's when nature comes alive again: blooming flowers, baby animals and cleansing rain showers!

Many people grew up with a seasonal tradition: the spring-cleaning. It's an annual reminder its time to clean house and de-clutter. For seniors, it's a great way to shake the winter blues and reminisce. Many older adults are rejuvenated by the warming weather and sunshine. A cleanup confers health benefits as well: reducing symptoms of respiratory illness and risk for falling. A good cleaning is beneficial both physically and emotionally!



Spring Cleaning To-Do List:

- Clean out bedside drawers and sort books/magazines
- Check medicines, fridge and pantry for any expired items
- Open windows to circulate fresh air
- De-clutter; remove objects that obstruct the flow such as unnecessary furniture
- Bust dust - photos, wall art, blinds, vents & light bulbs

Father's Day Jokes

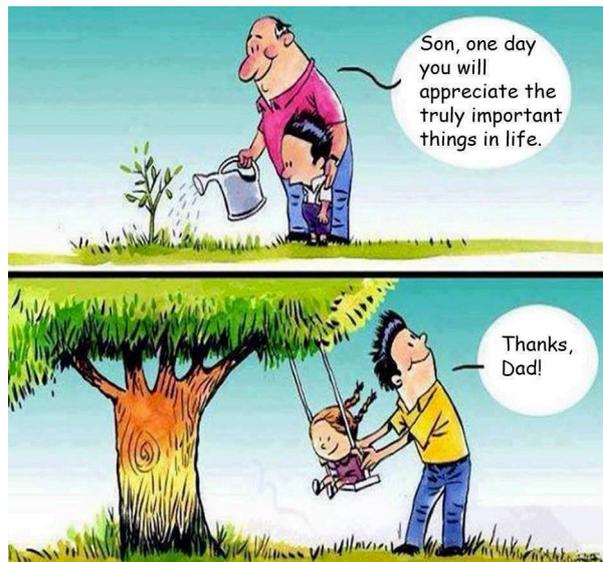
Q: What did the daddy tomato say to the baby tomato? A: Catch up!

Q: Why are Fathers like parking spaces? A: The good ones are already taken!

Q: Why did the cookie cry? A: Because his father was a wafer so long!

Q: What did daddy spider say to baby spider? A: You spend too much time on the web.

Q: Why did the baby strawberry cry? A: Because his dad was in a jam!



Flourless Lemon Buttermilk Cake

Ingredients

- 4 eggs, separated
- 100g (1/2 cup) caster sugar
- 1 tablespoon finely grated lemon rind
- 125ml (1/2 cup) buttermilk
- 200g (2 cups) almond meal
- 1 teaspoon baking powder
- Pinch of salt
- Lemon zest, to serve

Glacé Icing

- 150g (1 cup) icing sugar mixture, sifted
- 2 1/2 tablespoons fresh lemon juice

Tip: Strain the fresh lemon juice through a small strainer to achieve a smooth texture for the icing.



Prep: 75 min Cook: 40 min

1. Preheat oven to 180C/160C fan forced. Grease a 20cm springform pan and line the base and side with baking paper.
2. Combine the egg yolks, caster sugar and lemon rind in a large mixing bowl. Use a whisk to whisk together until pale and creamy. Gradually beat in the buttermilk until combined. Stir in the almond meal, baking powder and salt.
3. Use electric beaters to beat the egg whites until soft peaks form. Add to the buttermilk mixture and fold until just combined. Transfer to the prepared pan and smooth the surface. Bake for 40 minutes or until cake springs back when lightly touched in the centre.
4. Set aside in the pan for 10 minutes to cool slightly before turning onto a wire rack to cool completely.
5. To make the glacé icing, place the icing sugar and lemon juice in a small bowl and stir until smooth. Drizzle over the cake. Sprinkle with extra lemon zest. Set aside for 1 hour or until set.



Puzzle Page

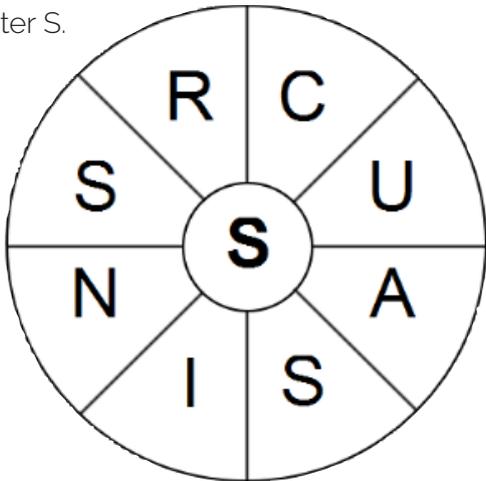


SPRING SUDOKU: FLOWER BUD

Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid.

SPRING WORD WHEEL

This Spring themed word wheel is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S.



	w		b	o	d			
d			r	w	l	o		
		f	u	d	e	r		
f	r		l	e	u	o	d	
		b				w		
e		d	w		b	f	u	
		r	o	l	w	d		
u	d	l	e	b	r	o	w	f
	e						r	

SPOT THE DIFFERENCE

Can you spot the five differences between these two images?

