



Ashburn
House

Newsletter

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MANAGER'S MESSAGE

I am excited to have this opportunity to connect with you every quarter to highlight some of the key improvements occurring at Ashburn House and to share some good stories with you.

Ashburn House underwent an audit by the Aged Care Quality Commission in February via an unannounced visit. The Commission was satisfied with our prompt action and commitment to our continuous improvement to address the gaps identified which resulted in a positive outcome. Some of those improvements can be seen with recent staff changes where we have introduced a two Care Manager structure. We have also extended RN working hours during the afternoon shift with increased training provided in clinical knowledge and skills.

We had 3 weeks of a COVID-19 outbreak at Ashburn House in April which sadly caused the suspension of our group resident's activities.

I would like to take this opportunity to show my

appreciation to all those who supported our residents and representatives and to wish you the best and good health over the coming winter months. I am immensely proud of the passion and dedication shown by our staff members whose care and support is tailored to the needs of our residents. Their skilled and compassionate care truly embodies the mission, vision, and values of Christadelphian Homes.

The residents' Flu Vaccinations were completed in May, and the COVID-19 boosters will continually be provided for our residents in line with the NSW Health recommendations. Our team remains committed to ensuring our residents have a safe and comfortable environment, and we will continue to work in partnership to enrich our resident's well-being and lifestyle.

I hope you enjoy our Winter Newsletter.

Kind Regards, **Jing Cui**

- Director of Consumer Care & Services

Upcoming Events

JUNE

Cultural Month - England

Cooking: English Trifle

- 4 Bus Trip: Vivid Sydney
- 10 King's Birthday
- 21 World Music Day - *Happy Hour*
- 27 Birthday Celebration

JULY

Cultural Month - USA

Cooking: Pancake

- 5 Independence Day USA Theme *Happy Hour*
- 19 Christmas in July Celebration
- 25 Birthday Celebration
- 30 International Friendship Day
Bus Trip to Sydney Art Gallery

AUGUST

Cultural Month - Germany

Cooking: Schwabischer Kartoffelsalat
(German Potato Salad)

- 2 International Beer Day
Happy Hour
- TBC Movie with Melbourne Theatre
- 9 World Indigenous Day
Happy Hour
- 15 Indian Independence Day
Art and Craft
- 28 Birthday Celebration



For all the latest news & photos follow us on Facebook

facebook.com/christadelphianagedcare



King's Birthday

PUBLIC HOLIDAY 10 June



22 August



JUNE	JULY	AUGUST
Margot C	Susan G	Sofia B
Beverley C	Margaret M	Giuseppa G
Valentine G	Kay M	John H
Betty H	Lorna M	Maria J
Elaine H	Janet M	David J
Patricia L	Gnesa R	Ian M
Adeliada P	Betty S	Nora O
Bronwyn P	Peter T	Robert T
Margaret W	Michie U	
	Gale W	

We welcome the following new residents:

*Erna P, Nessie B, John B, Dorothy C,
Donald D, Teresa F & George N*



Activity Reviews



VALENTINE'S DAY - We reserved a special table for Norma and Fred at our café to celebrate Valentine's Day. They couldn't stop smiling throughout their romantic meal, expressing immense gratitude.



"We feel so lucky and spoilt by this lovely surprise. Thank you so much!"

MEMORY GAME - Residents enjoyed a spirited Memory/Quiz game in Minna Murra. It was a relaxed and humorous session where everyone pitched in to answer questions which brought on a lot of laughter as questions were answered both right and wrong.

"I might not know much about quizzes, but it's all in good fun. We really enjoyed it, thank you!"

Residents came together to laugh and support each other while answering questions. The atmosphere was brimming with positive vibes as everyone exuded more confidence when they noticed how they had improved. It is always heartwarming to see such camaraderie and a shared sense of joy among each other.



COOKING PROGRAM: PANCAKES - The Residents whipped up delicious pancakes adding healthy berries and maple syrup for a delightful morning treat.

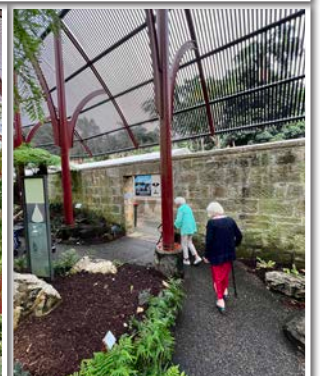
"It's wonderful to enjoy such tasty pancakes. They look so appetising. Thank you very much!"

BUS TRIP TO THE BOTANICAL GARDEN SYDNEY -

Our residents had a wonderful bus trip to the Sydney Botanical Garden and thoroughly enjoyed their time there. It was a beautiful day filled with sunshine and smiles. As we strolled through the garden, everyone loved seeing the colourful flowers and tall trees.

Exploring the beauty of nature together outdoors in the fresh air was

a wonderful experience that left us all feeling happy and refreshed. A perfect day outing.



International Women's Day

WOMEN'S DAY HAPPY HOUR - Residents celebrated International Women's Day with a special Happy Hour in our Cronulla Theatre.

It was a joyful gathering to honour and appreciate the wonderful women among us. The room buzzed with laughter and cheerful conversations as everyone enjoyed snacks and shared stories.

Some residents danced to the music while others took pleasure in watching the lively dances.

It was a delightful event filled with fellowship and celebration.



Activity Reviews



KINDI FARM VISIT FOR EASTER CELEBRATION - The afternoon buzzed with excitement at our Kindi Farm show in the L/G garden. Residents enjoyed interacting with baby goats, ducklings, bunnies, and more. The highlight was the tactile experience with the animals. And even more enjoyable coupled with hot cross buns and drinks. *"What a delightful way to spend an afternoon!"*



ART AND CRAFTS: EASTER GIFT BAGS - In preparation for Easter residents engaged in creating gift bags during our arts and crafts session. They thoroughly enjoyed drawing, decorating, and filling the bags with chocolates.

"I really enjoyed today's session; it's lovely to prepare these gifts for Easter."



ZUMBA - Residents kicked off their morning with Zumba in the Cronulla Theatre. Full of energy and laughter, they remarked,

"I feel young again! We're all young at heart, and I just love Zumba!"

Bereavements

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

Shirley G, Patricia W, Walter W, Vera G, Harootune K, Lun Z,
John S, Joan G, Joyce N, Susan M & Tersa V



Activity Reviews



EASTER AND BIRTHDAY CELEBRATIONS

In the Cronulla Theatre, residents celebrated Easter and birthdays with music and dance. Everyone sang along with entertainer Rosanna and enjoyed the birthday cake. The event was made even more special with the gifting of bunny rabbits to the celebrants.



MOVIE TIME MAGIC - Our residents enjoyed a cinematic treat during our special "Movie Time" in the Cronulla Theatre. We transformed the space into a cosy Movie Theatre with dim lighting and a big screen showing their favourite film.



Everyone settled into comfortable seats and enjoyed the film together. It was like being at the movie hall but even better because all of us were together.

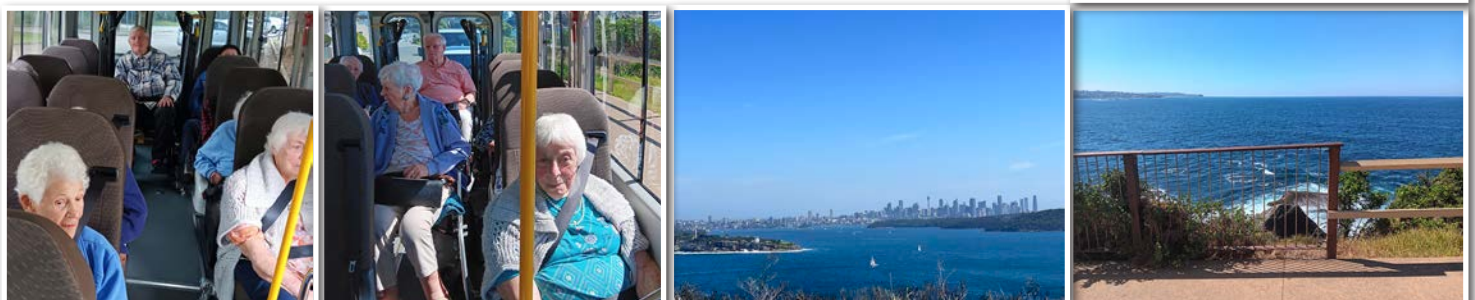
The atmosphere was perfect for getting lost in the story and enjoying a relaxing afternoon.



BUS TRIPS TO LOCAL SIGHTS

The tranquillity of Jack Vanny Reserve and the breathtaking beauty of Maroubra Beach never fails to captivate the hearts of our residents when we visit. The fresh ocean air added to their experience, creating a serene atmosphere that always leaves a lasting impression. Our bus trips along the breathtaking coastlines of Sydney never ceases to amaze everyone no matter how often we go, and our trip to North Head and Manly Beach was no exception.

Our scenic trips allow residents to find moments of reflection and to appreciate the natural beauty that surrounds us with each changing season.



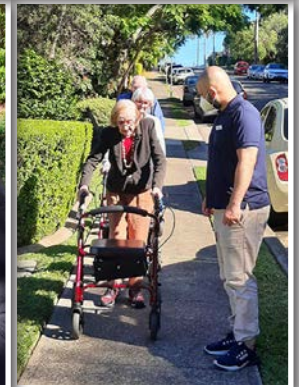
Activity Reviews



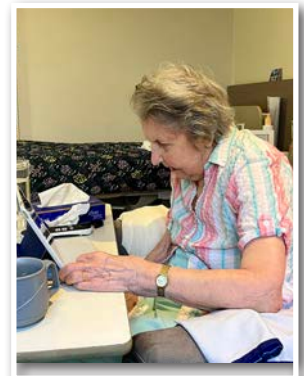
SAFE AND FUN: OUR ACTIVITIES DURING THE COVID OUTBREAK

During the COVID-19 outbreak our resident found wonderful ways to stay busy and safe. Here is a little look at the fun things our residents did:

- Residents got creative with **arts and crafts** in their rooms. They made beautiful artwork that brightened everyone's day. Whether drawing, painting, or making crafts, each piece showed their happiness and strength.
- We played **musical bingo** in small groups, wearing masks and keeping distance. It was really fun! The music made us all happy, and playing bingo together brought lots of laughter. Even with masks on we could see everyone's smiling eyes.
- Going for **walks outside** was a special treat. Our residents enjoyed the fresh air and peaceful nature around us. These walks were good for the body and soothed the mind.
- Listening to **audiobooks** was like a journey in itself. Residents listened to exciting mysteries and sweet romances, travelling through stories without leaving their rooms.



- Talking to family members via **video calls** kept everyone connected. Seeing their loved ones on the screen was a joy and it reminded us all that love reaches us across any distance.
- Some residents showed their skills by making beautiful **bead crafts**. Each bead they added was a small part of a wonderful creation, just like each of them as it is an important part of our community.



Even during the outbreak our residents found ways to have fun and stay safe. We're very proud of how everyone kept their spirits up and found ways to find joy each day.



Activity Reviews



VISIT FROM VOLUNTEER LAUREN

We were delighted to have Lauren, a truly kind volunteer from the Aged Care Volunteer Visitors Scheme, spend time with some of our residents. Lauren is such wonderful company, and everyone enjoys her visits.

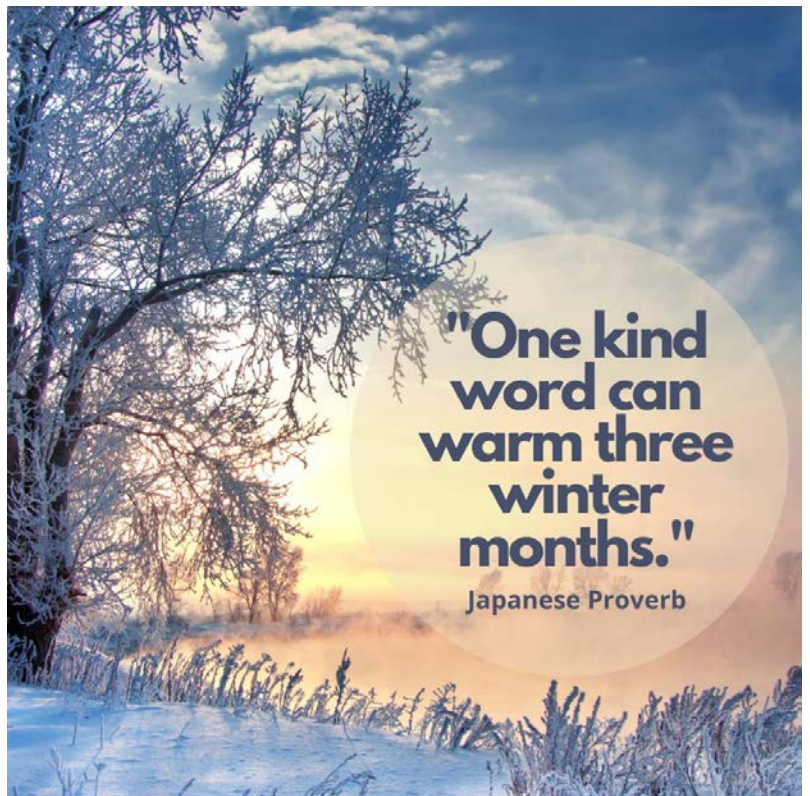
If you would like a visit from her, please let our Wellbeing Staff know and they will arrange it for you. It's a terrific way to make new friends and enjoy some lovely conversation!



Kimberly Garden



Manicures



Resident Story

Bruce



Bruce left school in 1956 and joined Hawker de Havilland in 1957 as a cadet aeronautical engineer.

He spent four years on the shop floor in a hangar at Bankstown working on the Vampires, the de Havilland Dragon, and the Drover which was used by the flying doctors.

In 1963, Bruce became the Project Manager then left the engineering department in 1966 for the production department where he felt there were more challenges. Almost immediately he found a significant role on the Macchi trainer project. De Havilland's role was to produce the wings for this aircraft. As Production Manager Bruce was sent to Varese in Italy in 1966 for three months to facilitate communication between the engineering and production engineering departments. He returned to Sydney, where he became Production Engineering Manager in 1968, Production Manager in 1971, and Works Manager in 1974 then Production Director in 1978.

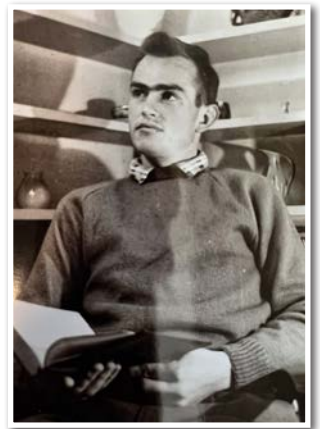
Over the many years that Bruce worked at de Havilland he travelled to McDonnell Douglas, Airbus, and Boeing in Seattle. Some of the contracts that Bruce and his team secured included the PC9 Air Force trainer, for which they made the fuselage structure, the wings, and handled the final assembly. De Havilland also produced the wing ribs for the Boeing 757, the ailerons for the 737, and the carbon fibre elevators for the 777.

While these Boeing projects were underway, along with the Airbus A320 wing ribs, Hawker de Havilland was also producing wing flaps for the Lockheed C130 and elevators for the DC9.

In July 1985, Bruce was appointed Director and General Manager of the Commonwealth Aircraft Corporation and also served as Deputy Managing Director of Hawker de Havilland. Then in 1986, Bruce was awarded the Jack Finley National Award by the Institution of Production Engineers for his contributions to "the advancement of high-technology manufacturing industry in Australia." In the same year, he became Managing Director.

In retirement, Bruce was appointed as Chair of the Advanced Composite Structures Research Centre, involving industry participants, universities, and the Department of Defence Research.

Additionally, Bruce was involved in consultative work for Turbomeca Engines in their bid to supply helicopters to the Australian Army. At the same time, Bruce joined the Technical Aid to the Disabled organisation which designs and produces devices to assist people in coping with their disabilities. He served on the board of this organisation for seven years. He designed and built various projects for clients utilising his wide-ranging woodworking and other skills.

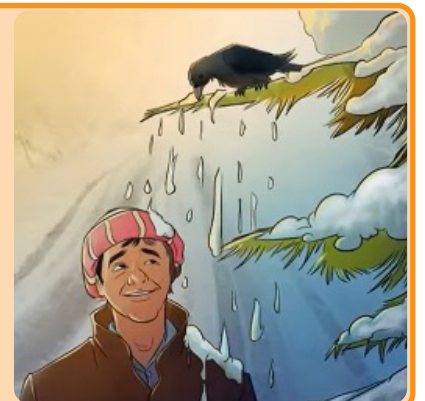


POEM

"Dust of Snow"

by Robert Frost (1874-1963)

The way a crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.



Staff Profile

Sushma

Meet Sushma, a vibrant addition to our Ashburn House team. Born in the beautiful landscapes of Nepal, Sushma brought her warmth and compassion to Australia in 2023, with a dedicated passion for caring for the elderly. Choosing to work in a nursing home was a natural decision for her; it's where she feels her care and attention can truly make a difference.

Sushma says, "Each day at Ashburn House is a new opportunity to learn from and contribute to the lives of our wonderful residents. The residents here are not just lovely; they each have stories that are as enriching as they are inspiring. And it's not just the residents, our staff are a team in every sense by being supportive and endlessly friendly. Together, we create a home not just for our residents, but for each other."

Sushma's enthusiasm for her work and genuine affection for the residents' shines through in her daily interactions and her presence at Ashburn House has been a delightful addition, enhancing our community with her unique perspectives and unwavering kindness.



Volunteer Corner

By DAVID BRIDGENS

VOLUNTEER IN THE SPOTLIGHT: JOHAN CLAESSEN

My name is Johan and I visit Ashburn House most Fridays to have one-on-one chats with some of the residents. On other days, I still work for NSW Health.

I was born in the Netherlands and moved to Australia in 2004. I currently live in Ryde with my wonderful wife Susan, and our two very cute miniature Schnauzers. Maybe one day I can bring them in!

In our free time, Sue and I enjoy going for bush walks with friends or just taking shorter walks with our dogs. I started volunteering at Ashburn House in June 2022 and really enjoy my time there on Fridays - it's very rewarding!



If you see me around, please say hi!

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



David Bridgens

WELLBEING COORDINATOR

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RESILIENCE

I was asked recently during a group conversation, what I saw as one of my best God-given traits.

Normally it would be difficult to think of what that was in the moment as there are so many angles to look at such a question, but at this particular time in my life I answered the question rather easily -

"I am so grateful God has given me a resilient spirit."

Resilience is the ability to withstand adversity and overcome challenges, difficulties, stress and unexpected changes in our lives. It is not always possible to prevent stressful or unfavourable situations from occurring as it is a part of life, but more so how we deal with them when they happen.



Some examples of resilience can best be described as:

- focusing on the things you can control instead of dwelling on what you cannot change
- taking a positive perspective on all situations in our day and looking at negatives from a more positive angle - ask yourself questions like, "Is there another way to look at this situation?"
- viewing challenges as an opportunity to gain experience from them
- not giving up and persevering

We can strengthen our capacity to deal with life's challenges and emerge stronger and more resilient through:

- spending time with people who are positive and lift you up rather than drag you down
- maintaining healthy relationships with family and friends
- breaking a challenge down into small achievable goals
- celebrating when you achieve your goal however big or small
- believing in ourselves by recognising our strengths and having confidence in our abilities
- thinking about the big picture

The Bible encourages us to persevere in the face of trials. It is full of examples of people who suffered greatly yet continued on. Let us read some encouraging scriptures...



Joshua 1:9 - "Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

John 16:3 - "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Romans 12:12 - "Rejoice in hope, be patient in tribulation, be constant in prayer."

1 Peter 5:10 - "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

We have resilience within us all. We can adapt and bounce back from our hardships. We can move forward with positivity despite the crisis, tragedy, and loss. We have suffered greatly but we choose to grow. Let's pray for resilience, for ourselves and those around us.

By Carmel Hayden - Wellbeing/Spiritual Coordinator, MARANATHA

Foods to Fight Flu & Cold Season



Citrus



Beans



Garlic



Leafy Greens



Water



Red Meat



Honey



Ginger



Elderberry



Turmeric



Dark Tart Cherries



Walnuts



Soup



Yogurt



Carrots



Red Bell Peppers



Hearty French Chicken Soup



Prep: 15 min
Cook: 50 min
Serves: 4

Ingredients

- 1 tbsp extra virgin olive oil
- 4 chicken thigh fillets, trimmed
- 1 brown onion, halved, sliced
- 3 carrots, halved, thickly sliced diagonally
- 2 celery stalks, thickly sliced diagonally
- 3 garlic cloves, thinly sliced
- 1 dried bay leaf
- 3 sprigs fresh thyme
- 1/3 cup dry white wine
- 1 litre Massel Chicken Style Liquid Stock
- 500g potato, peeled, cut into chunks
- Roughly chopped fresh flat-leaf parsley leaves, to serve
- Toasted sliced baguette, to serve

1. Heat 1 tbsp extra virgin olive oil in a large saucepan over high heat. Season chicken with salt and pepper. Add 4 chicken thigh fillets, trimmed to pan. Cook for 4 minutes each side or until browned. Transfer to a plate.
2. Add brown onion, carrots, celery, garlic cloves, dried bay leaf and fresh thyme to pan. Reduce heat to medium. Cook, stirring occasionally, for 6 minutes or until well browned. Add 1/3 cup dry white wine. Cook, scraping up brown bits from base of pan, for 1 minute. Return chicken to pan with chicken stock and potato. Stir to combine. Bring to the boil. Reduce heat to medium. Simmer, covered, for 30 minutes or until vegetables are tender and chicken is cooked.
3. Using tongs, transfer chicken to a board. Use 2 forks to shred chicken. Remove and discard bay leaf and thyme.
4. Return chicken to pan. Simmer for 2 minutes. Sprinkle with parsley. Serve with toasted sliced baguette.



Puzzle Page



DOUBLE PUZZLE - Unscramble a list of shuffled words to reveal a hidden message about winter activities.

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Answers: Chilly, Hibernate, Fireplace, Freezing, Blizzard, Icicle, Snowball, Scarf, Cold, Snowflake, Hot cocoa, Mittens Message: Happy Winter Holidays