



Newsletter

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*"A life without love
is like a year
without Spring"*

- OCTAVIAN PALER

MANAGER'S MESSAGE

Spring symbolises renewal and growth, and it's the perfect time for us to embrace fresh ideas and set new goals.

Firstly, I am thrilled to introduce Katleya, who has joined us as our new Care Manager. She brings a wealth of expertise and a fresh perspective to our team. Please join us in welcoming her to the team! Katleya is looking forward to meeting everyone and getting started on making a positive impact. I believe the nursing team under Katleya and Kylie's leadership can continue to grow and enhance the quality of clinical care.

As we embrace the vibrant energy of spring, we're excited to bring new activities to you and hope they add joy and variety to your days.

Our goal is to enrich your experience with a greater variety of engaging and enjoyable activities designed to suit all interests and preferences. Please keep an eye out for our updated activity calendar and join us in making the most of this vibrant season.

Our residents expressed their gratitude and appreciation to the staff on the Aged Care Employee Day, which motivated and touched our staff enormously. Let's continue to support each other and strive for excellence as we move forward. Together, we can make the most of this vibrant season and achieve great things. Here's to a successful and refreshing spring!

Kind Regards, **Jing Cui**

- Director of Consumer Care and Services

Upcoming Events

SEPTEMBER

Cultural Month - France

- 1 Father's Day
- 12 Resident & Relative Meeting
- 12 Cooking - *Crepes*
- 19 Art & Craft - *Floral Painting*
- 24 Visit to Auburn Botanic Gardens
- 26 Monthly Birthday Celebration
- 27 Sing Along - *Piano play by Sofia*

OCTOBER

Cultural Month - Nepal

- 2 Wellbeing Team Meeting
- 10 Cooking - *Alu Dum*
- 11 Happy Hour / Nepali Festival - Dashain Celebration (Staff)
- 17 Social Group
- 24 Art & Craft - *Melbourne Cup*
- 29 Bus Trip RSL Club
- 31 Monthly Birthday Celebration / Diwali Special

NOVEMBER

Cultural Month - Italy

- 5 Melbourne Cup / Cocktail Party
- 7 Art and Craft - *Remembrance Day*
- 11 Remembrance Day
- 14 Resident & Relative Meeting
- 21 Cooking
- 26 Visit to Sydney Art Gallery
- 28 Social Group
- 28 Monthly Birthday Celebration



SEPTEMBER	OCTOBER	NOVEMBER
Nessie B	Dorothy C	Michael A
Marjorie C	Kay F	Robyn B
Lorna D	Timothy H	John C
Fay H	Judith K	Mary L
Celia J	Erna P	Valerie T
Keith L	Alan S	
Mollie L	Joan W	
William S		
Dorothy VH		
Barry W		
Kathleen W		



We welcome the following new residents into our care:



- Neville J
- Mario F
- Chun-Yi C
- Barry W
- Nancy J
- Timothy H
- Michael MC
- Diana D
- Jennifer J
- Pasua F



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Activity Reviews



COCKTAIL PARTY FOR EXTRA SERVICE – 15 May 2024

An elegant Cocktail Party was held at 6pm in the Cronulla Theatre for Extra Services residents and their families. The attendees were welcomed by the staff before being seated to enjoy a harpist playing tunes. There was a mix of beverages to choose from and a selection of mouth-watering appetisers and finger food.

Jing, the Director, Consumer Care & Services, gave a short speech followed by Ross Peden the Chief Executive Officer and Alison Bolton, the Chief Operating Officer who welcomed the residents and their family members to the occasion.

The residents had a wonderful evening. One of the residents mentioned *'The venue setting is very beautiful and elegant, and there is such a nice variety of food and drinks to choose from and the staff are so lovely and helpful.'*

While others expressed their appreciation, *'It is very nice to have something different, I think it is such a lovely and beautiful night to spend time with my family.'*



SOCIAL GROUP – 5 July 2024

Residents enjoyed engaging in conversation and playing games together in the Cronulla Theatre.

There were quite a few topics to discuss such as joining a book club. Also sharing views on art, cooking and stories about the Royal Family. Coffee, tea, cupcakes, chocolates, and lollies were provided.

A great time was had by all who attended.



Activity Reviews



BUS TRIP TO BICENTENNIAL PARK, SYDNEY OLYMPIC PARK: 9 July 2024

The bus trip to Bicentennial Park, Sydney Olympic Park, was an enjoyable occasion for our residents with morning tea served by the lake. Peter the bus driver, shared interesting stories about the history of Sydney Olympic Park, the Parramatta River, and the Olympic Games held in 2000 with the residents. The trip also included a drive around Parramatta city. The bus trips are always enjoyed by our residents.



RESIDENT AND RELATIVE MEETING: 11 July 2024

Residents participated in the July Resident and Relative meetings in the Cronulla Theatre with a special guest speaker Ms Swart from the Seniors Rights Service. Ms Swart introduced residents to the support available to them. The meeting continued with the Facility Manager, Care Manager, and Wellbeing team. The residents had a fruitful meeting as they discussed their concerns and provided feedback on topics such as nursing care, catering services, and wellbeing activities.



ART AND CRAFT – 11 July 2024 (NAIDOC WEEK)

The residents spent time participating in arts and craft activities with fellow residents in the activity room. Morning tea was served during the session. The residents made a Christmas card using different types of paper and materials to create a stunning poinsettia flower with a variety of decorations.

The residents also engaged in Aboriginal art by tracing their hands on brown paper and then adding dots, lines, and circles to create an amazing piece of Aboriginal art. The residents expressed gratitude for the opportunity to join the activity.



Activity Reviews



CHRISTMAS IN JULY - 19 July 2024

Residents participated in the Christmas in July celebration with fellow residents at the Cronulla Theatre. The residents enjoyed a social gathering while listening to live piano music featuring Christmas carols and light, relaxing classical music, along with drinks and nibbles.

One resident commented, *"It is so nice, and the music is just beautiful, I really liked it!"*.



BUS TRIP TO SYDNEY ART GALLERY - 25 July 2024

The residents had a wonderful trip to the Sydney Art Gallery which is one of Australia's leading art museums, hosting European, Asian, and Aboriginal art paintings and cultures.

The residents had a fantastic time admiring the various types of art featuring well-known artists such as Bronzino, Boucher, Manet, and Picasso.

"It is very nice, I am really enjoying it and hope we can stay longer; there is so much to see," one resident commented.



Activity Reviews



COOKING ACTIVITY – 25 July 2024

Residents joined together in the activity room in the morning to participate in pancake making. Everyone enjoyed the activity and was so pleased to have an opportunity to make homemade pancakes as it brought back memorable moments, and it was even nicer being served alongside berries and jams.

Conversations were very lively as everyone sat together enjoying their pancakes with a cup of tea or coffee, *'Woah, the smell is so nice, and the pancakes taste really good.'* *'The strawberries are so sweet and juicy, and blueberries are really good for you too.'* One resident commented: *'We should open a pancake restaurant at Ashburn House!'*



CELEBRATING A CENTURY OF LIFE AT ASHBURN HOUSE



In July, we celebrated the milestone birthdays of two cherished residents, one who turned 102 and 105 years old, respectively. The celebration was a heartwarming occasion complete with family, friends, and staff all coming together to honour these remarkable women.



Each birthday was marked by personal stories, laughter, and joy, reflecting the rich lives these centenarians have led.

<-- Margaret M - 105 years old



Lorna M - 102 years old



BINGO - Residents enjoy playing bingo and it offers a fun and engaging way to boost cognitive abilities and improve social connections among residents.



Bereavements

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

Janet E, Giovanni DF, Renee P, Pauline M & Bozo B



Activity Reviews



VIVID LIGHTS BUS TRIPS - In June, we took a trip to take in the lights on the harbour.



PET THERAPY
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HAPPY HOUR

KIMBERLEY ACTIVITIES

Residents enjoyed getting outside going for walks and helping in cleaning and sweeping the gardens.

They participated in ball games, enjoyed quiet reading time and being entertained by piano sessions.



Resident Story

Erna



MEET ERNA: A JOURNEY OF CREATIVITY AND COMMUNITY

Erna was born in Germany in 1931. She has lived a life full of significant changes and achievements.

In 1969, Erna moved to Australia, where she first lived in the eastern suburbs. Later, she moved to Lane Cove

and then Hunters Hill, where she lived for 35 years. In Germany, Erna worked as an apprentice dressmaker and hairdresser.

When she moved to Australia, she found work at Radio Rentals. Despite having no family in Australia, Erna built a close friendship with Ingrid. They have been friends for 35 years, and Ingrid is Erna's main support person.

Erna loves to help others. She volunteered regularly at Wesley Mission, where her creative talents shone. She enjoys making jewellery, beading, sewing, and painting. These hobbies not only make Erna happy but also help her community, as she donates her creations to the Wesley Mission shop.

Erna's life is a beautiful mix of resilience, creativity, and community spirit. She participated in social outings through the Community Home Support Programme (CHSP) and still enjoys going out on bus trips.

Her journey from Germany to Australia and her dedication to her hobbies and community show us the power of kindness and creativity.

Erna is truly an inspiration to us all.



Staff Profile

Ajit Maharjan



ASSISTANT IN NURSE

Hi, my name is Ajit Maharjan. I am originally from Nepal and came to Australia a few years ago. I joined Ashburn House as an Assistant in Nursing (AIN) and have since become an integral part of the team.

When I first started at Ashburn House, I was immediately struck by the warm and welcoming environment. Working here has allowed me to pursue my passion for helping others, and I am committed to providing the best care for our residents.

My journey into aged care began when I realized how much I wanted to give back to the older generation. After moving to Australia, I took the opportunity to enroll in courses that would help me achieve my goal. I completed my training and gained valuable experience in various healthcare settings.

Working at Ashburn House has been a fantastic experience, and I am excited to meet more of the residents and staff. I look forward to contributing to the community and making a positive impact every day. Thank you for welcoming me into the Ashburn family!



SPRING REFLECTIONS

Our awareness of the chilly winter mornings is now behind us as we feel the temperatures beginning to rise. The days start to be brighter and longer. Flowers begin to bloom in the garden and we see a mix of vibrant colours. Sweet aromas heighten our senses filling our minds with new energy and vitality.

In Spring we tend to be more excited and want to be out in the community with friends and family and enjoy time together outdoors. Spring to me is a time to start afresh and a time when I reflect and make new goals and plan more than I do in other seasons.

Spring can also represent a time of reflection, growth, and potential change by looking at things differently, and evaluating our lives and our hopes and wishes in a renewed light. It can also be a time of new opportunity and for making change no matter how small it may be in our life. Change may first appear as difficult and can bring emotions of fear and worry to the surface if unexpected. Often it can be seen as rebirth, success, and new life through the power of prayer and the grace of God.

If we manage change correctly and listen to God and embrace His guidance, we can adapt easier to change. One passage which stands out in the bible is from Jeremiah 29:11. *"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."*

So even if change may feel hard initially it is an opportunity to grow in our faith and learn to embrace it. When we trust in God's plan and seek His love as His followers, He transforms each of us every day with His blessings. Let us all welcome spring and see the opportunities it may provide us with.

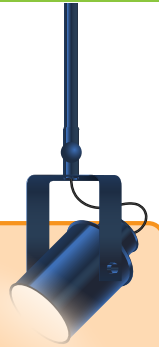


By David Bridgens - Wellbeing Coordinator, NORTHCOURT & COURTLANDS



We really appreciate the ongoing support of our volunteers. Your willingness to give your time and service helps us to care for the residents at Ashburn House.

We are always keen to hear from those who are able to give a little time to our residents.



VOLUNTEER IN THE SPOTLIGHT: RHONDA SELKE

Rhonda Selke has been a cherished part of the Ashburn community for the past 15 years, ever since her mother moved into our Home. Although her mother is no longer with us, Rhonda continues to visit our residents at least twice a week as a volunteer. In addition to her volunteer work, she is a casual staff member in the Wellbeing Team, where she also helps on the floor.

Rhonda is dedicated to our residents, engaging them in word games on Tuesday afternoons and playing Rummy King and Bananagram with them on Wednesday and Saturday afternoons. She always ensures there's a good cup of tea and some treats to enjoy during these activities.

Rhonda is originally from Sydney, although her family lived in Melbourne for a short time when she was very young. They returned to Sydney, where she completed her schooling. Rhonda married at 19 and has two daughters. She is also blessed with two grandchildren – a boy and a girl – and loves spending time with them.



Those who bring sunshine to the lives of others cannot keep it from themselves.

JAMES MATTHEW BARRIE



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



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WELLBEING COORDINATOR

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Spring Cleaning Tips



1. Take it one room at a time

Don't bite off more than you can chew. Focus on deep cleaning each room individually before moving to the next.



2. Set tasks for each family member

Spring cleaning isn't a solo project. List tasks for each member to take and play to people's strengths.



3. Don't shy from moving furniture

You may not move the furniture during normal cleaning. Do move it during spring cleaning and get to the hidden places.



4. Declutter as you go

When you're moving things around, take stock of what's necessary. Donate or recycle items you no longer have a need for.



5. Stick with simple cleaners

You don't need everything in the cleaning aisle. Focus on a good multi-purpose cleaner, and a couple niche items, such as toilet and glass cleaner.



6. Spend some time on the windows

Give your windows some TLC. Clean inside and out, and don't forget to pop the screens and give them a wash.



7. Get into the cabinets and fridge

Spring cleaning is ideal for clearing out the cupboards. Toss outdated food and consolidate spices, baking supplies, and sauces.



My Dad quit his job as an archeologist. Now his career is in ruins.

Did you hear about the father who cut off his left leg? He's all right now.

My dad said he wanted something groundbreaking for Father's Day. So I got him a shovel.

I never liked my dad's facial hair. But now it's starting to grow on me.

My dad bought a pair of camouflage pants. Now I can't find him.

The last time my dad played baseball he got arrested. Apparently he tried to steal second base.

My father doesn't like trees. He thinks they're shady.

I got my dad a book about glue once. He couldn't put it down.

My dad won't play cards in the jungle. He says there are too many cheetahs.

My dad wanted to listen to music while we were fishing. So I put on something catchy.

My father used to be afraid of hurdles. But he got over it.



Raspberry Coconut Slice



Prep: 25 min

Cook: 40 min

Ingredients

- 100g butter, softened
- 3/4 cup caster sugar
- 3 eggs
- 3/4 cup plain flour
- 1/2 cup self-raising flour
- 1/3 cup buttermilk
- 2/3 cup raspberry jam
- 1 cup desiccated coconut
- 3/4 cup shredded coconut

Serves: 16

1. Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line with baking paper, allowing 2cm overhang on all sides.
2. Using an electric mixer, beat butter and 1/2 cup sugar until light and fluffy. Add 1 egg. Beat until combined. Sift flours over butter mixture. Stir to combine. Stir in buttermilk. Press mixture over base of prepared pan. Spread jam over mixture.
3. Whisk remaining eggs and sugar together in a bowl. Stir in coconuts. Sprinkle mixture over jam. Bake for 35 to 40 minutes or until light golden. Cool in pan. Cut into pieces. Serve.




Puzzle Page



WACKY WORDS BRAINTEASER

Can identify all these well-know sayings in the puzzle below?

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR	9 once 	10 Egg Egg HAM	11 Try Stand 2	12 T O W N
5 READ	6 Blood Water	7 Beeeee	8 CANCELLED	13 Nl bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14

SPOT THE DIFFERENCE

Can you spot the 11 differences between these two images? *Warning: These are tricky!*



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WACKY WORDS ANSWERS: 1. Forget it 2. Jack in the box 3. Somewhere over the rainbow 4. Back door 5. Read between the lines 6. Blood is thicker than water 7. Bee line 8. Cancelled cheque 9. Once upon a time 10. Green eggs and ham 11. Try to understand 13. Downtown 14. Bump in the night 15. First aid 16. One in a million 17. Apple pie