

AROUND THE HOUSE

AUTUMN NEWSLETTER
2025

**We are more than a care
facility – we are a family.**





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Autumn Newsletter 2025

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FROM OUR CEO

Hello residents, families, staff and friends,

Welcome to the Autumn edition of our quarterly newsletter. This is our first quarterly newsletter for a while, and we look forward to publishing an edition at the start of each new season. The month of March marks my 6 months as CEO at Ashleigh House. My family and I are enjoying the Gippsland experience and the beautiful Autumn weather and colour.

There have been some changes in the last 6 months, but we are progressing well as an organisation. As changes are settling in, we will explore opportunities to improve and expand on our services to the local community, and the Gippsland region.

The first phase of development in our independent living units is the 8-unit development at Eastwood Park. We are currently in the design phase which is expected to be finalised by the end of March, and the next phase is going to tender for a builder. This could take a couple of months before building development commences.

Ashleigh House has also been managing Clifton Waters Village for the Anglican Diocese since January 2023. I have been working closely with the Diocese to fine tune this agreement, and I am pleased to say that we have a positive arrangement that benefits both parties in providing services to the Bairnsdale community. I work from Clifton Waters once a month, and another member of the Ashleigh House leadership team works one day at Clifton Waters the following fortnight, so we have a steady connection with the Clifton Waters community.

Thank you for all you do in contributing positively to the Ashleigh House community and supporting our residents, families and each other.

Regards
Roy



CLINICAL CARE NEWS

🌱 1. Nutrition and Hydration: Feel Your Best Every Day!

Eating well and staying hydrated is the secret to staying energetic and happy! Here's how you can keep feeling great:

- 💧 Drink plenty of water – it keeps you refreshed and your mind sharp.
- 🥗 Enjoy a variety of delicious foods, including fresh fruits, veggies, and proteins, to keep your body strong.
- 🍵 Try a warm cup of tea or a fruity-infused water for a tasty hydration boost

☀️ 2. Stay Cool & Comfy in Warm Weather!

The sun is shining, and we want you to stay cool and comfortable! Here are some simple ways to beat the heat:

- 💧 Keep sipping on water – hydration is key!
- 🏠 Relax indoors or in shady spots during the hottest hours of the day.
- 👕 Wear light, comfy clothes and pop on a hat if you head outside.
- 👋 Let our team know if you need help staying cool – we're here for you!

🎉 3. Exciting News: Welcome Our New Physiotherapist!

We're thrilled to welcome our new physiotherapists from Plena Healthcare!

They're here to help you:

- 🧘 Stay strong and steady with fun, gentle exercises.
- 🚶 Improve mobility so you can move around with ease.
- 🎯 Enjoy personalised sessions designed just for you!

If you see our new physiotherapist, please welcome them to Ashleigh House.

💡 4. Fun Fact of the Month!

Did you know? Your heart beats about 100,000 times every single day! ❤️ That's over 35 million beats per year! Keeping active and eating well helps your heart stay strong and happy.

Elissa Bott (RN), Clinical Care Manager



CELEBRATIONS

New Residents to Ashleigh House

Neil Turner, Denis Tubman, Ray Larsen, James Spicer, Elsa Horan, Ivan Tobias,
Gwen Goodwin, Marion Jones, Margaret (Babs) Cunningham

Birthdays

MARCH

8th Stewart Drew
10th Fred Velden
18th Ian Chambers
23rd Ray Walsh

APRIL

2nd Lorna Foster
3rd Jean Chapple
6th Joy Bakos
18th Carol Horan
19th Joan Allan
20th Leon Trembath
27th James Spicer
28th Pat Greenwood

MAY

3rd Denis Tubman
8th Wil Streckfuss
20th Colleen Blanks

Upcoming Events

National Advance Care Planning Week, 17 – 23 March, is the perfect time to have a conversation with your loved ones and healthcare providers about what matters to you for your future healthcare.

Advance care planning is about making your healthcare wishes and preferences known. The best place to start is to have a conversation. Talk to your loved ones and your GP or healthcare provider.

For more information and advice, call the National Advance Care Planning Support Service on 1300 208 582 or visit [Advance Care Planning Australia](https://www.advancecareplanningaustralia.org.au) for free resources.

BOARD OF DIRECTORS

OUR BOARD OF DIRECTORS COMPRISES NINE EXPERIENCED AND DEDICATED PROFESSIONALS WHO ARE AN IMPORTANT ASSET TO OUR ORGANISATION. IN THIS NEWSLETTER, WE'LL INTRODUCE THE CHAIR AND DEPUTY CHAIR.



Dr Josh Fergeus, Board Chair

Josh is passionate about positive ageing and has held leadership and governance roles in aged care organisations and programs in both Australia and the United Kingdom.

Outside of his duties as Chair, Josh is the Chief Executive Officer of Kevin Heinze GROW, a highly regarded charity that provides opportunities for personal development through therapeutic horticulture.

Josh is a member of several decision-making Tribunals and Panels including the Mental Health Tribunal, the out-of-home care Suitability Panel and the home care Worker and Carer Exclusion Scheme Panel.

Josh is a Graduate of the Australian Institute of Company Directors and has extensive professional and governance experience. He is Independent Chair of the North-Eastern Montessori School and a Board Director at Robinvale District Health Services. Josh is a former Vice-President of the Victorian Local Governance Association (VLGA).

Josh completed his PhD thesis titled 'The needs of foster and kinship carers and the mental health and wellbeing of children' at The University of Melbourne, and holds a Master of Social Work and Bachelors of Arts and Teaching.

Sam Forbes, Deputy Chairperson

Sam moved to Sale in 2016 and worked with the Wellington Shire Council developing a positive ageing strategy and running a grants program to help people age well in the local community.

Sam continues to work in the community sector, focusing on mental health, disability, and bushfire recovery, including through his own business, and currently, he is also working in politics.

He is enjoying having the opportunity to make a worthwhile contribution to the governance of Ashleigh House.



Note: Sam Forbes is currently on leave and Paul Telfer is serving as the Acting Deputy chairperson.

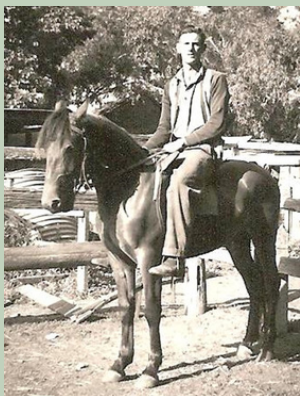
RESIDENT SPOTLIGHT

LINDSAY ANDERSON



Lindsay was born in 1932 at St Helens Hospital in Elgin Street (now the home of our current Mayor!) and his early life was in Rosedale until the family moved to Melbourne when he was 4 years old. Lindsay always had a passion for sport and played football, cricket, and tennis which included him playing tournaments at Kooyong with Australian Open players Neil and John Fraser!

Lindsay started his working life with Hollerith Accounting and Tabulating Machines in the heart of Melbourne; however, his love of fresh air and open spaces lured him out of the city and back to Gippsland. His love of horse riding soon had him brumby-chasing to the top of Mount Wellington, playing polocrosse for Sale and working as a general rouseabout and stockman.



Lindsay spent many hours driving cattle from the saleyards to their new homes across Gippsland. He was also involved with train-droving where he would be on the stock trains heading to and from Newmarket and then on to the Western Districts.



Lindsay married local girl Joyce Glover in May 1959 at St Paul's Cathedral in Sale.

Joyce was also a very capable horse rider, and they soon sold their small farm in Kilmany and moved onto a larger property in Clydebank, where Joyce established Lake Vale Pony Stud. Lindsay and Joyce milked house cows, reared calves and started stocking the farm with sheep. Lindsay added shearing to his repertoire, and also extended into chaff production, supplying many local farms and businesses. Eventually beef farming was also added to the list.

Lindsay and Joyce enjoyed 65 years of married life on the farm, and even featured on an episode of "Talk to the Animals" where the reporter was amazed to see the hundreds of animals they cared for, including the resident magpies helping to keep their kelpies' teeth clean!

Lindsay's son Peter, daughter-in-law Karen, and grandchildren Scott and Claire are regular visitors to Ashleigh House – always making sure Lindsay is well stocked with chips and lollies!



FROM THE LIFESTYLE TEAM

DECEMBERS HIGHLIGHT WAS OF COURSE THE RESIDENT 'S CHRISTMAS PARTY. THIS HAS GOT TO BE ONE OF OUR FAVOURITE DAYS OF THE YEAR. ❤️



Fun, Family and Friends

We like to wind things down a little in January to allow some recovery time after the busy month of December. Yet we still managed a relaxing Heritage Cruise at the Port of Sale, mystery drives, fish and chip lunch from Guthridge Fish and Chips, Australia Day BBQ, Milkshakes, and let's not forget our trip to Scotland with the help of David Hynd and his Bagpipes.

The year ended with many shenanigans to welcome in the New Year.



In February came a great opportunity via Darren Chester to join Cycling without Age Gippsland at the Port of Sale for a bike ride out to the Swing Bridge. What a wonderful day we had with lots of smiles and laughter. Our residents can't wait for the next opportunity 😊



BRAIN TEASER

Dog Phrases

Can you think of the right dog phrase to describe the following situations?

1. The way something looks when it has been done badly
2. To refuse to stop thinking or talking about a subject
3. To stop attacking or criticising someone
4. A situation in which people will do anything to be successful even if what they do harms others
5. People who argue violently all the time do this
6. Where a country or organisation is becoming less successful than it was in the past
7. Something you say when you want to leave something alone in case it causes trouble
8. If you love me you should accept everything and everyone that I love
9. After someone leaves for an unmentioned purpose you say they've gone to do this
10. Although someone is old they still have enough energy to do things
11. It's difficult to make someone change the way they do something when they've been doing the same way for a long time

Answers

1. Like a dog's breakfast
2. Like a dog with a bone
3. To call off the dogs
4. Dog eat dog
5. Fight like cat and dog
6. Going to the dogs
7. Let sleeping dogs lie
8. Love me love my dog
9. To see a man about a dog
10. There's life in the old dog yet
11. You can't teach an old dog new tricks

ADMIN UPDATES

Wills and Bequests

A will represents an individual's last wishes and intentions. After providing for loved ones, many people consider leaving a gift in their Will for charities close to their heart.

When you choose to leave a gift in your Will it shows who and what is most important to you. Apart from your family and close friends it might mean leaving a gift for a charity. It's often called 'making a charitable bequest' and can be the most significant gift you ever give.

There are three major types of bequests: (a bequest is the legal term for including a gift in your Will)

- A general bequest is either a sum of money or a percentage of the value of your estate.
- A residual bequest is the remainder of your estate (or a percentage thereof) after the general and specific bequests have been made.
- A specific bequest is a gift of a particular asset such as a house, furniture or jewellery.

You can leave any of these types of gifts in your Will to Ashleigh House Ltd for its general purposes or for a specific area or need within our aged care home. These gifts make a meaningful difference to the lives of residents at Ashleigh House.

Ashleigh House is a community-based charity that has been providing aged care services to the aging population in the Gippsland region for over 45 years. Ashleigh House strives to provide the best quality of life and support for our residents. Bequests assist us to continually provide the best facilities and experience for the residents in our Ashleigh House home.

We genuinely value and appreciate all gifts and bequests – large and small. However, there is no obligation, and naturally, any gift you decide to leave to charity should not compromise your ability to provide for those important to you.

If you would like to make further enquiries regarding a bequest to Ashleigh House, please contact Roy Soaika, our Chief Executive Officer, on 047 021 658 or roy@sevinc.com.au. A confidential meeting to discuss your thoughts can be arranged to answer any questions you may have about Wills, Bequests and Ashleigh House.

Bakers Delight Hot Cross Bun Fundraiser!

Enjoy delicious Bakers Delight Hot Cross Buns while supporting our organisation! For every 6-pack purchased at just \$10, Bakers Delight Sale will donate \$3 to our fundraiser—so the more you buy, the more we raise!



Choose from Traditional, Choc Chip, Mocha, Fruitless, Apple & Cinnamon, or Raspberry & White Choc.



Orders close: 7th April 2025

Collection date: 14th April 2025

To place your order, come visit reception/lifestyle or call 5144 4484.