



# The Heartbeat

Thank you to all families and friends for your ongoing support of our safety measures. We have taken a strong position at ABH to close our facility because we are caring for our most vulnerable community. Where other aged care facilities, both in Australia and overseas have very sadly had COVID19 cases, we can see how rapidly it spreads, with devastating consequences.

By working collaboratively we will make sure we ride the wave of these exceptional circumstances and emerge with a renewed appreciation of each other and the work of our frontline staff.

We continue to advocate for our staff, and are disappointed that APHRA, the registration body for registered nurses, has increased their registration fees while a pandemic is being fought. ABH will be paying the increase for our RN's as a show of good faith to thank them for all their hard work during this time.

Our current plans to celebrate our 70th anniversary in July will most likely need to be postponed. However, when we reopen, when our residents can again see their loved ones to hug or share a meal, when this blight is behind us and we can breathe a bit easier, we will celebrate together.

## Leigh



Maria and  
Clorinda  
enjoying  
the autumn  
sunshine

## On this day...

### 26th April 1788

Exploring party led by Governor Arthur Phillip sights and names the Blue Mountains

### 18th April 1831

The Sydney Herald (later Sydney Morning Herald) first published

### 20th May 1932

Amelia Earhart became the first woman to fly solo across the Atlantic

### 28th May 1960

'My Old Man's a Dustman' by Lonnie Donegan reaches Number 1 on the charts



### 27th May 1967

The Constitution is changed to recognise Aboriginal Australians as citizens

### 19th April 1984

Advance Australia Fair is named the national anthem



## 2020: OUR 70TH ANNIVERSARY

### *From Dream to Reality\**

By 1950 Matron Ann Scurr's church congregation was keen to acquire Bethel. But this created a dilemma for her. They made it clear that the care home would be restricted only to members of that denomination, to the point of removing existing residents.

Ann was loyal to her church, but its intention was foreign to her philosophy.

In 1950 Harry Orr was the Minister at Ashfield Baptist Church. He was a mature and experienced theologian, having served as a Pastor at North Auburn and Matrville Baptist Churches and also an Army Chaplain from 1943 to 1946.

He approached Matron Scurr on behalf of Ashfield Baptist Church. Matron was swayed by Harry's assurances that the home would continue to accept people from all denominations, whether Christian or not. Harry had already been instrumental in establishing Norland

House, then a young women's hostel. The existing management infrastructure and Harry's enthusiasm and leadership record helped seal the deal. In June 1950 Ashfield Baptist Church became the lessee of Bethel Nursing Home, then comprising 23 aged care residents.

In 1952 Ann Scurr sold the property outright to the Church. Two more properties were acquired in 1952 and 1953 which assisted Bethel's expansion. Staff increased, and a good reputation was being maintained and enhanced.

Bethel was one of the first aged care homes in Australia to benefit from the



*Bethel 1955, from Holden Street.  
The steps to the right remain today.*



## *From Dream to Reality\* (continued)*

1954 Federal Parliament Aged Persons Home Act. In addition to government funding, astute Board management, gifts and a few legacies helped fund expansions to the building. The new Parr Wing, built as staff quarters, still stands today.

In 1957 *the Australian Baptist* reported there were 67 aged ladies in residence. By 1966 there were 45 staff, including the Matron, eight trained nursing sisters plus assistant nurses, nursing aides and auxiliary staff, caring for 94 residents.

Daily devotions were maintained at 9 o'clock each morning. The annual fundraising fete became a big community feature where staff

volunteered their time to bake, make craft and sell goods. The Bethel Christmas party was also a regular event on the calendar. Harry Orr was keen for Bethel to be part of the local community, offering a limited local home-call service to elderly folk long before modern Home Care packages were formalised.



**Today, our Bethel Home Care service is named in recognition of these early beginnings.**

**Next history instalment in our June newsletter...**

*\*edited extract from 'Bethel', a Tradition of Faith and Work, by Ron Robb*

## **VIRTUAL VISITS**

All our staff, residents and families have been on a steep technological learning curve, along with the rest of the world. Our virtual visits have been going really well – after a few teething problems residents and staff have all got the hang of it, with families setting up regular spots to 'visit'.

We've graduated from using iPads to a larger mobile TV monitor moved from room to room. Most of our virtual calls have been really successful – the joy on the resident's face after the call is brilliant. If 103-year-old Olive can get the hang of it then so can we!



*Olive zooming in with family*



## CATER CARE UPDATE

Cater Care update the weekly menu every 3 months, based on seasonality and resident feedback. Daily menus are on display in Reception and the dining room. Monthly Themed and Cultural menus are always popular and a great excuse for a dress up!

### *Themed Event Catering Calendar*

- April 25 – Anzac Day
- May 10 – Mothers' Day
- June 10 – Portuguese Day



#### MAIN

Roast Turkey with Cranberry Sauce  
or  
Fish Fillet with White Sauce  
Served with Mashed Potato, Green Peas  
& Roast Pumpkin

#### DESSERT

Ice Cream with Topping

#### DINNER

Chicken Mushroom Pasta  
~  
Apple Cake with Custard

## LIFESTYLE UPDATE

We're continuing with a lot of our normal activities but on a smaller scale, like Bingo with everyone separated out. There are lots of one on one activities in the garden and the chickens have been visited really regularly. The exercise classes in a large space have also continued and daily room visits have been increased. We separate everybody in the halls for exercise activities such as tenpin bowling, boule and table tennis. And the Friday night drinks trolley is as popular as ever.

Extra Lifestyle staff have enabled us to spend a lot more time with each resident. When we deliver parcels from families, we use the opportunity to chat and engage with them. Care Staff often do the rounds dressed in silly clothing and singing residents' favourite songs, just for the fun of it.

We're making a paper chain like the kind from school days - residents are actually writing the thoughts for the day on these chains and then we connect them all up. So, at the end of all of this, we'll be able to look back and see how they were feeling and what they were thinking.

*Nofa being entertained  
by her care staff*





Say hello to...

## RESIDENT CONNIE SINCLAIR

*How long have you lived at ABH?*

Too long! I've been here a few years.  
I'm 90 something.

*Where did you grow up?*

Stanmore.

*Tell us about your family*

My mother was English, my father was Australian. I had a brother Jim; he was two years younger than me. We got on well. My father was a wharf labourer. He was a very smart man, he progressed through the ranks. I've got two children, Maggie and Jim and lots of grandchildren too. The kids were pretty good, although I was quite tough. I didn't like being bossed!

*What was your first job?*

I packed groceries in a local store when I was still at school. I went on to be a cashier. When I left school Mum sent me to Tech and I did shorthand and typing to become a Secretary. I also did Accountancy for years. My mother was a very sensible woman. She made me go to school and work because she knew I had the brains. She was determined that my brother and I would do well. He was apprenticed as a fitter and turner on the wharves.

*What are your favourite pastimes?*

Reading and swimming. I've always got books with me.

*Best advice ever given?*

Control your temper. Be friendly to people.

*Greatest achievement?*

Being lucky enough to have intelligent children, and they're lovely too.  
I was always a bit of a crank. As long as nobody interferes with my reading!

*What's your best memory?*

My wedding day. I felt very lucky.



## Staff profile

### ELAINE PANTA DEMENTIA CARE SPECIALIST

*How long have you worked at ABH?* Either 28 or 29 years. Before here I worked at other nursing homes and also RPA and Wesley Private (mental health).

*First job at ABH:* Personal Care Assistant at the old hostel now known as Norland.

*Three phrases to describe you:*

Mischievous. Happy. Compassionate. Good listener. (oops that's four)

*What's your ideal holiday destination?*

Egypt and the Middle East. It's on my bucket list to take my daughter there – Jerusalem, Jordan, Morocco. I studied ancient history and I love everything about Egypt and Greece.

*Where did you grow up?* In Sydney, Croydon.

*Tell us about your family:* My daughter's 17, she's doing her HSC which is making her extra apprehensive at the moment. She's planning on studying nursing.

My nine-year-old boy is gorgeous, he knows more about computers than I do. My mum's Scottish and she's been here for fifty years – she still has her Scots accent. I could never understand her when she got off the phone to her sister.

*What's your greatest achievement?*

My children. Sorry if that's clichéd but it's true. My son was a wonderful surprise for us all.

*What do you love doing?* Shoe shopping. She who has the most shoes wins.

*Favourite place?* Gucci store in the city.

*If you could meet anyone, who would it be?* David Beckham.

*Life's biggest inspiration?* Model my children to do well in the world so they don't have to go into therapy! Teach them that small kindnesses go a long way.



Elaine, Rachel and Morag - more happy times ahead...



## Happy BIRTHDAY!

### April

Derek . . . . . Apr 2  
Olga (*pictured*) . . . Apr 6  
Isabella. . . . . Apr 15  
Monica. . . . . Apr 18  
Elen T. . . . . Apr 18  
Antroniki . . . . . Apr 18  
Christine S. . . . . Apr 24  
Mario . . . . . Apr 27

### May

Edna L . . . . . May 2  
Robin . . . . . May 4  
Edna A . . . . . May 9  
Frances . . . . . May 9  
Edward J. . . . . May 9  
Jean M. . . . . May 9  
Alice S . . . . . May 12  
Douglas . . . . . May 13  
Anna T. . . . . May 14

Daniel A. . . . . May 15  
Malcolm B . . . . . May 16  
Cecily . . . . . May 22  
Beverley . . . . . May 22  
Tony O . . . . . May 25  
Mal A . . . . . May 25  
Marie-Louise . . . May 28  
John G . . . . . May 31

## Café Update

We're excited to announce Jamie Higgins as our new permanent Café Manager. Jamie previously worked at Bean Drinking in Crows Nest.

Things have certainly been interesting since he started here.

'It's been great setting up the café and finding my way around the menu. I've been made to feel really welcome by all the staff and residents.

'Since the centre's been closed to visitors it's given me a great opportunity to get to know people working and living here better.

From April 22nd the café will only open between 8:30 and 10am weekdays. This will be reviewed after three months.



In the meantime Jamie will join the Lifestyle team, which he's already had a small taste of by visiting residents one on one.

While the café's trading is restricted it gives Jamie time to plan new menu ideas. He's looking forward to bringing you delicious treats and meals each week as soon as the café and facility are open again.

Please come and say hello when we're open again.



## Devotions

### FAITH IN ACTION

For most Australians the month of April focuses on Easter and Anzac Day. Both occasions are a trumpet call of remembrance insightfully put in place by we who are so prone to forget all manner of things, from where we parked the car to the reason why we walked into a room.

Easter, for Christians all around the world, is the most significant celebration of the year, commemorating the crucifixion and resurrection of Jesus Christ - events which lifted the veil between time and eternity. 'Death is no longer a prison, but a passage into God's presence.' (Clarence W. Hall)

Anzac Day, 25th April, was purposed to commemorate members of the Australian and New Zealand Army corps who served in the Gallipoli Campaign of 1915. We will miss our traditional Anzac Day chapel service this year, however the flags and poppy wreath will be set up in the chapel for anyone who would like to spend a few moments alone in quiet remembrance.

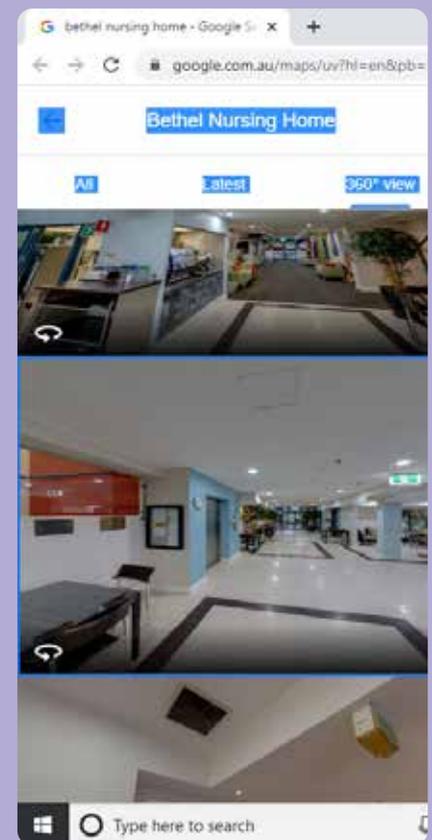
The events of Easter and the Gallipoli Campaign give us the strength to endure the enigma of toil, discipline, responsibility and sacrifice experienced in the contemporary world.

Have a safe, happy and blessed April and May!

*Kathy Mitchell – Chaplain*

## Social CONNECTIONS

Nothing beats a real-life tour, but our new Google Streetview tour is the next best thing. Prospective residents and their families can do a virtual tour of the whole facility, from the gardens behind the Parr Wing, through reception, the café, dining areas and hallways.



### Acknowledgement of country

*Ashfield Baptist Homes acknowledges the Wangal People as the Traditional Custodians of the lands on which our company is located and where we conduct our business. We recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.*

### Ashfield Baptist Homes

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