



The Heartbeat

Last weekend we planned to gather to celebrate the 70th anniversary of Ashfield Baptist Homes.

As we transition through this extraordinary time together I'd like to honour the past, speak to the present, and lay out our future plans for ABH to ensure we have the best possible platform to prosper.

In July 1950 Ashfield Baptist Church took over ownership of Bethel, a nursing home founded by Ann Scurr in the 1930's for older women from the Inner West of Sydney.

In 1950 Bethel had 23 beds. Throughout 70 years under the church leadership, we have grown to 136 beds today and a wide range of ancillary services.

We are in this moment together.

This year, 2020, is the World Health Organisation's Year of the Nurse. As we navigate the global COVID19 pandemic together I am reminded more than ever of the fabulous team we have on board at ABH. Their dedication and passion is making a remarkable difference in the lives of those who call ABH home.

To our staff – they know that holding someone's hand is the most important thing in the world, they understand our residents are scared, they make sure they receive medicines and daily care, they save lives and they aid respectful, comfortable and compassionate end of life care.

On behalf of the Board and myself, we cannot thank you enough for your ongoing dedication to the ministry of the church and the vision and values of ABH. Caring for your families is our absolute privilege. It has seen us through the past 70 years, and it will certainly support the next 70 years.

Leigh

On this day...

1950 SPECIAL EDITION

August 12

Hurricane Able named (first Hurricane with a name)

September 9

First canned laughter introduced on TV

September 13

First censuses of separated West and East Germanys taken

September 26

Credit cards introduced to Americans

September 28

Indonesia admitted into the United Nations

Below: Elaine with her favourite pumpkin cake, dropped off for her by her family.





We are 70!

When A.H. Orr Lodge opened in 1978 the Bethel complex catered for 127 residents across self-care units, the hostel & the nursing home and 80 staff.

The facility had grown to a medium sized business and managing it was becoming increasingly complex.

Eventually the shift was made from Administrator to Chief Executive.

Societal expectations and modern health improvements were demanding improvements of a quantum advance.

The 'old school' matrons were not enamoured with the growing profession of the CEO.

After years of planning and government lobbying for grants, the next grand vision of Bethel was finally realised. On 14 August 1997, residents moved into the current Bethel Nursing home.

Happy birthday Bethel!

ABH BOARD POSITIONS NON-EXECUTIVE DIRECTORS

Do you have a professional tertiary background in finance and accounting or legal and risk? Would you or anyone you know like to make a positive difference to the ABH community?

ABH is seeking to build skills capacity on its active, volunteer board by the appointment of two Non-Executive Directors with deep skills in finance/ accounting and legal.

As a Director you will be part of a collegiate team that makes a difference in the community through:

- the delivery of quality residential aged care & home-based care services.
- supporting the CE and the Executive by reviewing and monitoring business plans, annual budgets and regulatory compliance;
- reviewing strategy and identifying and mitigating risks, both internally and externally; and,
- building an organisation which continues to deliver exceptional care to individuals.

Applications

If you would like to join this energetic, volunteer board, please send your resume and a short covering letter to board@abh.org.au, or contact Belinda Dona, Nominations Committee Chair on 0411 812 114 to discuss further.

<http://www.abh.org.au/board-opportunities/>

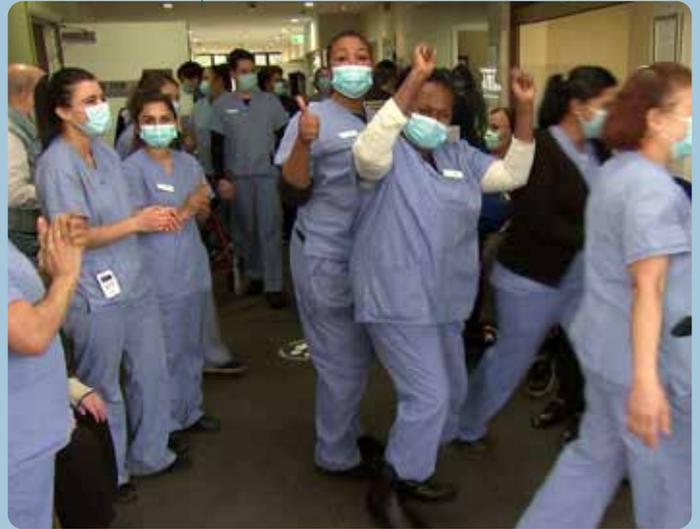
Closing date: Friday, September 11, 2020



CLAP FOR CARE STAFF

On 4th August, the ABC did a news story on our fabulous staff and residents showcasing not only our first-class infection control measures, but our truly wonderful community. They filmed our Clap for Carers and the excitement was palpable! Clapping and cheering lasted for quite some time. Many family members were able to come along and lend support which was really lovely. Short interviews were done with a resident (Eileen) plus other family members and also Leigh. The online story and news feature ran on 6th August.

www.abc.net.au/news/2020-08-06/mask-order-helped-avert-coronavirus-outbreak-in-sydney-aged-care/12527518



Biggest learnings DURING THE PANDEMIC....

We asked all staff for the biggest thing they've learned during the pandemic. Here are a few of their answers...

"After 3 weeks of holding my breath, I can finally breathe!!"

"Showed us how uncertain our lives are"

"How important it is to stick together as a team and support one another, staying positive and being prepared for the worst!!!"

"Overwhelmed with relief and blessed to be part of this amazing community"

"Proud to be part of this team and ABSOLUTELY RELIEVED at the outcome! :)"

"Deep down in my heart I was sure nobody was infected. I feel extremely motivated to work harder and be optimistic in life. Biggest thing that I learned was to stay strong and work hand in hand following all safety procedures and guidelines. I am proud to say that we did it."



Say hello to...

RESIDENT LESLIE BAGUST

How long have you lived at ABH?

12 months at the end of August

Where did you grow up?

I was born in 1932 in Burwood and lived in southern and mid-western NSW including Mimosa, Wattamondara and Illabo until I was 17. My father was a teacher and he taught at small country schools, so we moved around a bit. He taught me until I was 7. I went to High School in Cootamundra and did my leaving Certificate there in 1949.

Tell us about your parents

I'm a long-term Aussie and only child, born here and lived here all my life. My parents and three of my grandparents were all born here, and my grandmother came here when she was four. My mother's family is from Scotland and my father's family is from England. My great grandfather worked as a gardener in Queen Victoria's royal household.

I married my wife Rita in 1964. We've been married for 56 years, and we have two daughters, two sons-in-law and four grandsons. We all regularly connect via Zoom (at the moment) or visits.

What was your first job?

I worked in a menswear shop in Cootamundra while at school. Then I studied engineering at UNSW, during its



very early days. Doing survey work on Warragamba Dam in 1951 was one of my first jobs as an undergraduate for 6 weeks.

I had a long and varied working life, worked for NSW Government for 2.5 years, in Sydney's Head Office for 12 months, then in Hay in the Riverina. After that I left Public Works and worked with engineering contractors for some 10 years before returning to Public Works when I retired in 1992. I worked on many projects including a wharf in Western Australia, a steelworks in England, a dam in Canberra and a road in northern Queensland.

Most interesting thing you have done

In 1963/64 I built 40 miles of road and 8 bridges in the Gulf of Carpentaria. We went over there 15 years ago and they're still there.



Greatest achievement?

Marriage to Rita and the happy life we have had. I was on the move from WA to Cairns and stopped off in Brisbane for a week when we met. Rita was nursing there. We spent every night that week out together! Then she came to Cairns with her girlfriend and returned to Perth. I had Christmas dinner with my parents and went to Perth to join her. We got married in October 1964 and lived in Lismore for 6 years and in Sydney since 1979.

Best thing you've ever learned to do

I've been an active sportsman all my life, especially tennis and golf. I played golf until three years ago and still enjoy watching it. Jack Nicklaus was my favourite.

What are your favourite pastimes?

Furniture restoration has been a lifelong hobby. My children inherited some old furniture which I restored, including a big dining room table and a wardrobe with shelving.

Best advice ever given?

When I was 16 my father said I must get a tertiary education. I always liked the idea of studying engineering and I never regretted it. My father was a very interesting person. When I was born, he was 51. He left school at aged 13 and was a WW1 vet.

What is your best memory?

In 1978 we went on a family holiday touring north America in a motor home. The girls were 11 and 8. The 11-year-old

Top: Leslie and Rita on their wedding day.

Middle: Three generations.

Bottom: The trailer park in Banff in 1978.



can still remember a lot from the trip. We travelled over 6,000 miles including Vancouver, Washington, Oregon state, San Francisco, LA, Disneyland, the Grand Canyon, Yellowstone, Montana and Banff and Victoria Island.

Biggest thing learned during Covid?

It brings out the best and worst of people. Most people accept as a fact of life but a small number spoil everything for others.



Staff profile

LEIGH KILDEY CHIEF EXECUTIVE

How long have you worked at ABH?

I have worked here for 6 years.

Three phrases to describe you

Passionate, caring and honest and open.

One of my favorite quotes is from Cinderella – Have courage and be kind.

Another, particularly important at this time – We can't change the wind, but we can adjust the sails.

Ideal holiday destination?

I was due to go to Uzbekistan, Azerbaijan and Armenia with a girlfriend and our children in 2021 but we have put that on hold for now... a global pandemic will do that to the best of plans.

Every year at Christmas I go to Narrabeen for a few days – sand, surf, sun, relax, hike – the perfect antidote to the working year.

Where did you grow up?

I was born and raised in Newcastle. Went to school there, did my nursing training at Royal Newcastle Hospital. Most of my family is still there.

Tell us about your family?

I have two children – 27 and 26 and a dog called Woody. My dad is one of 16 and my mum one of three so there was always plenty of family around growing up.

Leigh during one of the family Zoom forums.

What's your greatest achievement?

I have completed two Masters degrees – Bioethics at Monash University and MBA at Canberra University. But really the greatest achievement for me is my family and the love we have for each other.

What do you love doing?

Hiking, coaching netball – this year I am coaching a Metro League one team for Inner West association – I took this on in November last year before the pandemic. Managing both this and work has taken an army of help and I am grateful to everyone for their support in this. The Board even moved the days they met to accommodate my schedule. I also really appreciate my friends and colleagues – they are an inspiration for me.

Favourite place?

At the moment? It's Friday nights curled up on the lounge with Woody sharing a burger and watching Netflix. My current obsession is Janet King, an Australian show and have just started re-watching Homeland – fabulous viewing. Outside of pandemic times? Anywhere outdoors – to see the horizon and connect with nature.



Staff Profile (continued)

If you could meet anyone, who would it be?

My Mum. I was only 7 when she first got sick. I guess having her know me as an adult and for her to have met my children – that’s something I miss and crave.

Life’s biggest inspiration?

The people I work with. Their dedication, zest for the pursuit of truth and unwavering commitment to the values of the organisation inspires me every day to turn up and do my best for them and those in our care.



Residents hard at work making Christmas (in July) craft and decorations.



Happy 84th birthday John!

Happy BIRTHDAY!

August

- Aug 1 Enza M
- Aug 4 Ronald C
- Aug 5 . . . John F (above)
- Aug 8 Elizabeth G
- Aug 8 Emilia V
- Aug 14 Norma J
- Aug 16 Veronica C
- Aug 19 Vui L
- Aug 22 Carmela M
- Aug 28 Janice M
- Aug 28 Alfred M
- Aug 29 Roberto F
- Aug 29 . . Christopher H
- Aug 31 Heather T

September

- Sept 4. Marcia M
- Sept 8. Elizabeth M
- Sept 8. Marion H
- Sept 10 Helena B
- Sept 14. Jane C
- Sept 16. Angela L
- Sept 27. Carole H



Devotions PHILIPPIANS 4:6-7 (NEW INTERNATIONAL VERSION)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

What a special milestone it is for ABH to have reached its 70th birthday! And what a privilege it is to be involved in this remarkable community at such a significant time in its history.

Birthdays are often a time when we take stock of our lives, reflect on our achievements and think about plans for the coming year. ABH's 70 years make it a spring chicken compared to some of our residents, and this birthday event hasn't been quite what was planned, but there has certainly been cause for celebration in recent weeks.

As a community, we are thankful that we have a strong historical foundation of dedicated service and compassionate care. We are so grateful for the staff who

care for our residents' needs on a daily basis and who have kept them safe under difficult circumstances and against some tough odds. And we continue to strive to do all we can to remain dedicated to our vision of personalised service for the needs of those entrusted in our care.

Social distancing can certainly be a party pooper and Zooming through life is no substitute for physical contact especially in these undeniably anxious times. But we can find encouragement from these words from Paul's letter to the Philippians written centuries ago, that nevertheless speak truth and comfort to our circumstances today. They remind us that in each moment of our lives, our living God cares for our needs, understands our anxieties and guarantees us his lasting peace. Thankfully the God of the Bible isn't bound by the rules of social distancing! May the peace of God be the real present we enjoy in ABH's birthday season.

Jo Schreuder (ABH Board Chairperson)

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

T: 02 9797 3600 **E:** info@abh.org.au

W: www.abh.org.au

F: www.facebook.com/ashfieldbh

31 Clissold Street, Ashfield NSW 2131

Visitor bookings:

<https://ashfield.zipline.care>