

# The Heartbeat



Above: Leigh and Norm

With everything that 2020 has thrown at us, steadfast faith in our staff and systems have held true in the ongoing care and welfare of our residents. Thank you all for your continual and unwavering support – we made it through because of you.

2021 is going to be fantastic for a whole lot of reasons. In February we are renovating our downstairs office space, to better connect our staff to each other, and free up other space for essential training and resident activities. Our Reception area is being remodelled and upgraded. And we will update you as soon as we receive our Reaccreditation audit results.

Plans for our Residential Retirement Village are almost complete, with final submission due to Council by April. Construction is due to start late 2021 or early 2022.

Our whole team is excited to welcome in 2021 and we are planning a host of new and exciting activities for our residents in line with our usual high standard of care. 2020 has taught us resilience, but we've also learned that there's nothing we can't achieve if we pull together.

Wishing you and your loved ones a very Merry Christmas and Happy New Year.

**Leigh**

## On this day...

**December 1st, 1990**  
England connected to mainland Europe as engineers broke through the last rock layer of the Channel Tunnel.

**December 2nd, 1986**  
Justice Mary Gaudron is the first woman appointed to the High Court of Australia.

**December 10th, 1896**  
Swedish chemist Alfred Nobel died, willing his \$9m estate to awards recognizing valuable contributions to humanity.

**December 25th**  
Christmas Day. The exact birthdate of Jesus of Nazareth is not known, but has been celebrated on this day since 336 A.D.

**December 26th, 1945**  
First Sydney to Hobart Yacht Race is held.





## Christmas CELEBRATIONS

We turned our basement space into a Christmas Party Room times FOUR!

Huge thanks to Gen2 (our cleaning company), Digital Armor (our IT company) and Wests Ashfield Leagues Club for their very generous support of our residential community.

Thanks also to Form1, Ashfield RSL, CaterCare and Snap Burwood.

### Our Gold Sponsors



**Wests Ashfield**



The Basement decorated for Christmas

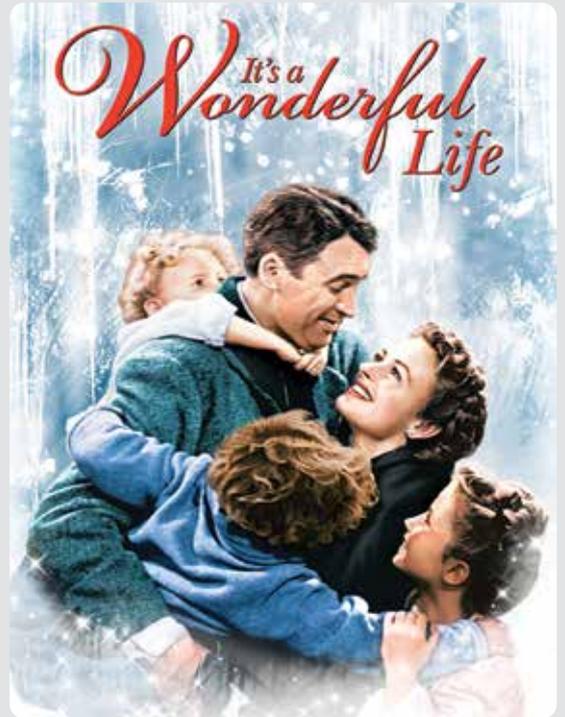




# The Christmas Trivia Twelve 2020

How well do you know your festive facts?  
Here are some fun and fiendishly tricky trivia questions to get into the Christmas spirit.

1. Astronauts broadcast which Christmas song from space in 1965?
2. Doing which Christmas activity sends roughly 14,700 Americans to Accident & Emergency every year?
3. Mistletoe literally translates from Anglo Saxon as what on a stick?
4. In which modern-day country was Saint Nicholas born?
5. Donald Trump makes a cameo appearance in which Christmas film?
6. In the Christmas carol The Twelve Days of Christmas, what gift is offered on the seventh day?
7. Which Christmas beverage is also known as 'Milk Punch'?
8. In the movie It's A Wonderful Life, what happened every time a bell rang?
9. Which Royal first delivered the Royal Christmas Message?
10. What does Noel mean in Latin?
11. A Roman holiday held between December 17th to the 23rd had an influence on how Christmas was celebrated. Which God did it celebrate?
12. The custom of erecting a Christmas tree originated from which country?



See page 12 for answers to the quiz.



## HISTORY OF OUR AREA NAMES: PRATTEN

Pratten is on the first floor of Bethel Lodge.

Herbert Edward Pratten (7 May 1865 – 7 May 1928) was a prominent Ashfield businessman and Australian politician born in Gloucestershire, England. At the age of 15, he joined an iron and steel company and was sent to Sydney in 1884 to become a clerk in the firm's new Australian branch.

In 1888, Pratten established a soft drink company in Ashfield and went on to become a prominent local businessman, running a printing company, a jam company and a fruit pulp export company that pioneered newly developed cold-storage techniques.



*Above: Herbert Pratten*



*Above: Pratten Park*

He served on the Ashfield Municipal Council from 1905 to 1912, including as Mayor from 1909 to 1911.

In June 1924, he was appointed Minister for Trade and Customs and Minister for Health. Pratten was considered a strong protectionist. He believed that the economic growth of Asia was both a threat and an opportunity for Australia and recommended that the federal government place trade commissions in Calcutta and Shanghai.

In 1906, Ashfield Council established Pratten Park, incorporating land from the local a'Beckett family estate. The first incarnation of the Bethel Rest Home was the original a'Beckett family home.



## Say hello to...

### RESIDENT

### MARGARET DUNSMORE

#### *How long have you lived at ABH?*

Ten months. Before here I lived at Cardinal Freeman for thirty years. I wanted to move because they didn't have any care support for the night-time. I was happy to move because it made things easier for me. It was my idea to move into Cardinal Freeman, and my idea to move here. I knew about ABH from when my husband Neville lived here, the staff were wonderful to him and he never complained.

#### *Where did you grow up?*

I grew up in Haberfield, but I was born in Young. When I was 71, twelve years ago, I found out that my sister and I were adopted. I decided I wanted a copy of my baptism certificate, but I could never get it. I never needed it for my marriage or first communion and I never applied for a passport. My mother kept everything and never told us. I eventually found out through DOCS. I went to primary school at St. Joan of Arc in Haberfield, but I only saw the first year of high school at Domremy College. I broke my ankle at school one day and then my other ankle when I came home, so that was the end of school for me.



#### *What was your first job?*

I worked in Coles, in the Australian Arcade. Miss Stanley was always very good to me. I started on the checkout, and gradually worked my way up to answer the bells. I stayed until I got married, then we had three children. After they started school my sister got me a job at Coles in Leichhardt. I went on to work at K-Mart in Ashfield, but I've only ever had one employer.

#### *Tell us about your family*

My parents were the best people, we couldn't have asked for a better upbringing. Dad was English and Mum was from the country.

My sister Mary Cecilia (Molly) was born at St. Margaret's, so she was adopted from Croydon. We had the most beautiful upbringing. We were very fortunate. I was a very sick child with terrible bronchitis. Once when I was six years old, all the nuns put my bed into the middle of the ward and stood round it praying for me. I still remember it clearly.



Molly and I were adopted at the same time. She lives in Adelaide, but we still speak twice a week.

Neville and I got married on May 2nd, 1959. We were married for 56 years. We had three babies in three years - Glenn, Wayne, and Donna. Glenn is recently married, and Donna lives in Cootamundra with her husband. Wayne lives in Perth with his wife and three children. Neville and I were pretty strict with them, I'd be in jail today!

#### *What do you enjoy?*

I have a very strong faith. I enjoy the services that Kathy (the Chaplain) does here.

I made all my Christmas decorations, they are either crocheted or knitted. And I made the rug on my bed. I've had them all for years and treasure them, I made them, so I love them. My son puts them out every Christmas.

#### *Best piece of advice*

Look after your family and they will look after you.

#### *Best memory*

Growing up with my parents and sister.

#### *Favourite holiday*

Neville was from Wingen, near Scone. We would visit his family and the kids loved it. They would run alongside the train tracks waving and the train driver would beep the whistle.



*Top: Margaret and Neville on their wedding day.*

*Above: Their wedding party 50 years later!*

*Below: Margaret's hand-made Christmas decorations.*





## Staff profile

**SABA SINGH**

**CONTRACT CLEANER SUPERVISOR, GEN2**

### *Where did you grow up?*

I was born and grew up in the Punjab in India and went to high school. It's like the countryside. The biggest nearest city is Amritsar. There's a famous Golden Temple. I went to college there and studied mechanics while I was applying for a visa to Australia. The Punjab is very beautiful, rich in culture and heritage. In 2007 I received my Visa for Australia and came straight to Sydney.

### *Tell us about your family*

My whole family are back home in the Punjab. My father is a businessman in property and my mother is a housewife. They still live in the family home. I have a sister who's married and lives nearby. My brother lives in Portugal, working in construction.

I have some cousins here but they're in Melbourne so we're not in contact much.

### *How long have you worked at ABH?*

Around three years. There are usually four Gen2 staff here plus others at times. This is the first nursing home I've worked in. I really like working here, getting to know all the residents and staff. I do a lot of walking to get to all the areas and rooms that need cleaning. I prefer walking to sitting, talking to residents, and getting to know them.

I did a diploma in Australia in Nursing, Aged Care, and qualified as an AIN. I studied and worked in hospitality at the same time. My manager at Gen2 used to own a café where I worked and then he introduced me to my current job at Gen2.



*Established in 1995, Gen2 Services has grown to become the most innovative provider of cleaning, laundry and maintenance services to the aged care sector in Australia.*

*With over 300 staff managing over 1.2 million square metres, 365 days a year, they make 7000 residents feel at home every day.*

*Gen2 have provided very generous community support as a Gold supporter towards our Resident Christmas parties.*



*Left: Saba and his Jiu Jitsu training partners..*

### *Three phrases to describe you*

Honest, reliable and hard working.

### *Ideal holiday destination?*

I would love to visit the whole world! Iceland really appeals to me, the natural resources, and the peace. The landscape is beautiful. I also love colourful landscapes, like Bali. And I would love to go to Japan, which has a very ancient culture.

I've travelled around India, to the Taj Mahal, Delhi, Shimla (a beautiful hill area). Here I've been everywhere, to Queensland, Adelaide, and Melbourne. I was working on a farm in Adelaide to experience the farm life, which I also love. I travelled around Queensland and I also studied in Melbourne.

### *What is your greatest achievement?*

Coming to Australia and finishing my studies. I enjoy my job, but I'd like to do something else down the track. I would love to become a pilot, study, get my flying hours and get my license. It's my dream, if not a plane then a helicopter pilot.

### *What do you love doing?*

I love going on long rides on my motorbike. I go on weekend trips, to the Royal National Park, the Blue Mountains and anywhere it's a long ride. I recently joined a bike club so I'm looking forward to doing trips with them. I also love Jiu Jitsu, a type of martial art. I train after work with a partner and we train in lots of different places. It's like a mix of wrestling, judo and submissions. You start with a white belt and go through to red for the Master. I'm still on white but I have a stripe!

Also I like listening to music, all types – rap, hip hop, reggae, classic, Indian music.

### *Biggest learning during the pandemic?*

You never know what's around the corner, so live for the moment and be happy.

### *If you could meet anyone, who would it be?*

The Creator of the World and Universe.

### *Life's biggest inspiration?*

My family, looking after my parents. The residents inspire me with their rich life experiences and stories.



## ABH VALUES – ANNUAL AWARD RECIPIENTS

Every year we ask families, residents and staff to nominate a staff member who embodies one or more of our Values, which are enshrined in all that we do. This year is more important than ever for us to reflect upon and recognise our staff’s all-round fabulousness.

Enormous congratulations to all staff members nominated for these prestigious awards. This year there were 76 nominations altogether.



### Special congratulations to the following staff:

<b>Respect</b>	Treating people with dignity .....	Ana
<b>Compassion</b>	Responding sensitively to individual needs .....	Mark
<b>Excellence</b>	Providing quality services .....	Sally
<b>Integrity</b>	Being honest and fair .....	Dorcas
<b>Stewardship</b>	Managing environmental & other resources responsibly ..	ABH Team

#### *Respect – Ana Pereira, Reception*

Ana has gone above and beyond this year with all the changes to visiting arrangements. She is unfailingly patient. Ana has been instrumental in helping us manage family expectations and has done so in a very respectful and caring way.



#### *Compassion – Mark Siguenza, Care Worker*

Mark receives continual and very positive feedback for his kind and gentle approach. He works in both home care and residential care. A person of great care and compassion.



*Excellence – Sally Alves,  
Roster Manager*

Sally has done wonderful work this year rostering our staff through 2020 including increased weekend shifts. ABH did not use any agency staff through both lockdowns – an incredible feat.



*Integrity – Dorcas Berkoh, Carer*

Dorcas receives multiple compliments from the residents and staff and truly is a person admired by all. She's a hard worker who demonstrates great responsibility in her role.



*Stewardship – The Whole ABH Team*

We would like to acknowledge all ABH Staff, for being true leaders in their roles, and using our resources responsibly with the correct intent and purpose. We would not have survived without the entire team's effort. **Well done and thank you!**



*Happy  
BIRTHDAY!*

*December*

- Dec 2 . . . Sally-Nanette J
- Dec 4 . . . . . Teresa R
- Dec 6 . . . . . Elaine C
- Dec 7 . . . . . Guiseppa B
- Dec 14 . . . . . Lucy P
- Dec 18 . . . . . Olive S
- Dec 22 . . . . . Jennifer A
- Dec 27 . . . . . Christalla S
- Dec 27 . . . . . Winifred S
- Dec 28 . . . . . Arthur H

*January*

- Jan 3 . . . . . Manuel A
- Jan 6 . . . . . Eileen H
- Jan 12 . . . . . Dawn G
- Jan 14 . . . . . Margaret R
- Jan 14 . . . . . Michael G
- Jan 14 . . . . . Margaret D
- Jan 15 . . . . . Lloyd B
- Jan 15 . . . . . Medardo R
- Jan 27 . . . . . Emily Y
- Jan 28 . . . . . Betty M
- Jan 29 . . . . . Fred B



# Faith in Action

## THE CHRIST IN CHRISTMAS

“She will give birth to a son and you are to give him the name Jesus because he will save his people from their sins” Matthew 1:21

Over two thousand years ago a baby was born contrary to the laws of life.

The child was reared in obscurity by a family of no influence or great wealth.

He did not have a high education and did not travel beyond his own region.

However, in childhood He puzzled teachers of the law;

In manhood He ruled the course of nature, walking upon waves;

He had no medical degree yet healed the sick and broken-hearted without medicine or fee.



He never wrote a book, yet libraries of the world could not hold the books that have been written about Him.

He never wrote a song, yet He has been the theme for more songs than all the songwriters combined.

The names of past scientists, philosophers, and theologians have come and gone but multitudes around the world still worship and pay respect to His name.

He sits upon the highest pinnacle of heavenly glory at the right hand of God.

His name is Jesus.

*Kathy Mitchell, Chaplain*

- The Christmas Trivia Twelve 2020 Answers**
1. Jingle Bells
  2. Christmas decorating
  3. Dung
  4. Turkey
  5. Home Alone 2
  6. Seven swans-a-swimming
  7. Eggnog
  8. An angel gets their wings
  9. George V
  10. Birth
  11. Saturn
  12. Germany

### 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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**Visitor bookings:**

<https://ashfield.zipline.care>