



The Heartbeat

The World Health Organisation has designated 2020 the International Year of the Nurse and Midwife. I'd like to pay tribute to our nurses who devote their working lives to caring for others; who give lifesaving treatments and health advice; who look after older people and meet their everyday health needs. Thanks for all that you do for our community here at ABH. It really is appreciated.

Throughout 2019 we ran staff workshop focussed on unpacking and articulating our organisational values. Our values are qualities we strive to live and breathe every day, and we're wholly committed to ensuring they reflect what we seek to be and do. *Stewardship, Excellence, Respect, Compassion and Integrity* are embedded in all that we do: from recruitment, interviews and performance reviews to policies and procedures. The final stages of this process will be implemented in early 2020.

Finally, a word of reassurance. After the recent horrific bushfire season, we've been vigilant in double checking all our emergency procedures to ensure we're fully prepared for anything. Our staff donate gold coins to the fundraising effort by wearing civilian clothes on Fridays.

Updates on funds raised and how we're donating them will be in the next edition of Heartbeat.

Leigh



Upcoming Events

FEBRUARY

- 13 Premiers Concert
- 14 McDonalds B'fast
- 18 Ron Aston entertainment, Residents' Meeting
- 20 Petersham RSL lunch
- 21 Happy Hour
- 25 Botanic Gardens Mt Annan
- 26 Gary Corrigan entertainment

MARCH

- 6 Bushman Therapy Horse
- 7 Fiona Howe entertainment
- 17 St Patricks Day Happy Hour
- 24 Dale Ryan entertainment
- 26 Gary Corrigan entertainment

WEEKLY EVENTS

- Chicken Time – feeding, caring, playtime
- Music therapy
- Gardening time
- Bus outings
- Exercise & movement
- Bingo, movies, table tennis
- Coffee Club

* Check location times with your Recreation Officer



OUR 70TH ANNIVERSARY

We're making plans to mark this incredible occasion throughout the year.

But did you know our rich history and legacy as a care home predates 1950 by many years?



*A Lady with a Dream**

In the early 1930s Christian nurse Ann Scurr felt the need for a place of refuge for elderly folk.

Ann nursed during World War I and the disastrous influenza epidemic of 1918-19. Widowed at a young age, she had no finances, but she followed the courage of her convictions through prayer and searching for the right property.

In 1931 she inspected 'Surbiton', an 1881 federation home belonging to local solicitor Marsham a'Beckett and his wife Edith. The house was perfect, but there was only one problem. A holding deposit of £50 was needed – an average three-month salary in those days. Ann believed firmly that 'the Lord will provide'. On the final day of the holding period, an anonymous £50 donation arrived in the mail.

The next step for Matron Scurr, as she became known, was to secure a bank loan and meet the regular repayments. Not an easy ask for someone with no income or equity during the Depression years. But her enterprise touched the local bank manager's inner soul, and he agreed.

(continued on page 3)

OUR NEW NAME

We had an amazing response to our Newsletter Naming Competition, with 43 entries from residents, staff and families. Bethel Buzz/Bugle/Banter/Bulletin were popular suggestions, but the final nod went to a name encompassing our past, present and future.

Special mention goes to Veronica Courage's wonderful entry "Our Peaceful and Interesting Newsletter" (it's a bit long to use, but we promise to try and make them peaceful and interesting!) Also to Raymond Bernasconi for his four fabulous entries including Bethel Oldies Share Care. Thanks to everyone who entered and the judging team Louise, Vicki and Liz.

Congratulations to Natasha and Ruby from the Home Care team for their winning entry '*The Heartbeat*'. They receive a \$50 gift voucher each.





NEW HOME FOR CHICKENS

Our chickens have settled in beautifully to their new home.

After a lovely probation period in the Ambleside courtyard they've moved to their new permanent home, the garden behind the Parr wing.

All our residents have been engaging with them regularly, whether watching them run around, petting or just holding them.

Edna, Alfred and friend



A Lady with a Dream (continued)*

After Matron moved in, furniture and more cash donations began to flow in. She was chastised by her Brethren congregation for being rash in stringent times, but she never wavered from her vision. The house was named Bethel Rest Home ('God's House') and Matron never defaulted on a single payment.

Bethel's reputation grew and by 1933 there were three Christian nurses. The work was hard and the hours long. Everyone had to be versatile and Matron Scurr often filled in for the laundress. A young man named John Howes was taken on as pretty much everything – at various times nurse, gardener, messenger and cook.

"Our method of transport was a pushbike for messages to the butcher, pharmacy and some others. The baker and milkman called every day."
- Rev. John Howes (Retired), Baptist Minister

Matron's incredible Christian faith and demeanour was constantly referred to in recollections. There are many stories of staff and residents alike being converted by her faith. By the end of the 1940s, Ann Scurr was looking for the right buyer to keep the care home in the right hands, whatever the price.

Next history instalment in our April newsletter...

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

'Surbiton', as the a'Beckett family home. Courtesy Ashfield & District Historical Society.



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. Themed and Cultural menus are prepared monthly.

Sandwiches, fruit, sweet or dry biscuits and hot or cold drinks are always available on request.

Themed Event Catering Calendar

February 14 – Valentines Day

February 27 – French Theme

March 17 – St. Patrick's Day

April 2 – Greek Theme

April 12 – Easter Day

April 25 – Anzac Day



THURSDAY 27TH

FEBRUARY 2020

LUNCH

Chicken Chasseur

or

Beef with Red Wine Sauce

Served with Roast Sweet Potato, Cauliflower & Broccoli

~

Strawberry Pavlova

DINNER

Prawn Curry with Rice

~

Chocolate Mousse

© CATER CARE

ON THE WEEKEND

Many of our scheduled events are Monday – Friday, but there's still plenty on offer at the weekends.

Welcome to new weekend Recreational Officer Ashmita, and thanks to Lava, who's covering for Babita on maternity leave.

Residents have full involvement in their movie choice! And it's always a full house at Sunday Devotions, whatever your faith, or not. All family members most welcome and encouraged.

Saturday program

9.30 Exercise

10.30 Table games

1.30 Bingo

Sunday program

9.30 Church

10.30 Coffee club

1.30 Table games/Movie



*New weekend Rec Officer
Ashmita with Connie*



Say hello to...

RESIDENT FRANK HEALEY

How long have you lived at ABH? Since August 2019.

Where did you grow up? I grew up in the St. George district. My mother was from Charters Towers in Qld and my father was from Sydney. They had seven children, four boys and three girls. It was a very busy household! I was put in charge early on as the eldest boy. All my siblings grew up to be well placed through jobs or marriage.

Tell us about your family My dear wife Olive and I married in Toowoomba Methodist Church. We had four children – Roger, Norma, James and Margaret. I have eight grandchildren, ten great grandchildren and Lennox, my first great great grandson. My youngest granddaughter Louise works here at ABH.

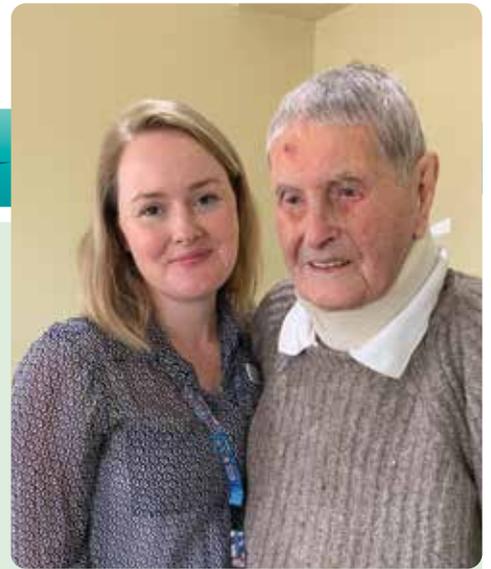
What was your first job? I took up a tool making apprenticeship at the foundry in Toowoomba in 1938. After that I worked at a munitions factory in Sydney. My job was very worthwhile, and I really enjoyed using my knowledge and skills to serve the war effort.

What are your favourite pastimes? I love all sports especially cricket and baseball. These days my grandchildren take me out on day trips by train. We've been to Katoomba, Kiama, Bowral and Newcastle – basically as far as you can get by train in one day!

Best advice ever given? The importance of having a good job and properly looking after family.

Greatest achievement? My family are my greatest achievement. Three of my children went to university and they became a doctor, a geologist and a lawyer. The fourth was a wonderful homemaker. All have given me my wonderful grandchildren. I'm very proud of them.

What's your best memory? My wedding day to Olive, over eighty years ago.



Top: Frank and Louise, his youngest granddaughter and ABH staff member.

Middle: Frank and Olive.

Bottom: Frank with great great grandson Lennox.

Staff profile

JULIET KEI CLINICAL CARE MANAGER



How long have you worked at ABH? 4 years in April. I've been Care Manager for around 7 months. My new job is an extension of what I was doing before (as an RN).

Three phrases to describe you. Proactive. Always try to get things done. Hard working.

Ideal holiday destination? My life's ambition is to see the Seven Wonders of the World.

Where did you grow up? I was born and raised in Sydney. I went to High School in Tonga, where my family's from, and returned to study nursing at Uni.

Tell us about your family. My grandfather came over in the 1940s on a scholarship to study law at Sydney Uni. Back in Tonga he became a magistrate. My great grandmother was the town midwife in Tonga and so was my mum. I helped her whenever I could. Our family home is still in the village, but we all live here now.

What's your greatest achievement? My job is my absolute passion. Nursing is very diverse, but this is my chosen field. I've done paediatrics and worked in hospitals, but they weren't for me. It's a privilege to work in aged care.

What do you love doing? Going to parks – anywhere with an ocean view to read a book. I like true stories about people, like biographies. Not thrillers!

Favourite place? The museum.

If you could meet anyone, who would it be? My dad.

Life's biggest inspiration? To do good and be a good role model to others – family, friends and co-workers.

DEVOTIONS

A new year is often a time of deep reflection. For followers of Jesus, there's no central biblical narrative informing our celebrations.

But this doesn't mean Christians shouldn't pause and reflect on the turning of the calendar. Moses asked of the Lord, "Teach us to number our days, so we may get a heart of wisdom" (Psalms 90:12). Time is a gift and setting goals for a new year can help us be intentional about spending our time wisely.

So, as we make plans for 2020, let's entrust our future not to Google Calendar but to the one who holds the world in his hands. That at the next flipping of the calendar, rather than saying 'I made it through' or 'Look what I achieved' we may say 'Thank you Lord.'

Kathy Mitchell, Chaplain

The ABH pop up choir singing at December Devotions





ABH Values

At ABH our aim is to inspire staff to recognise and display our core values daily. Staff, residents and families are all encouraged to nominate staff members throughout the year. Recognising these qualities in our peers helps us strive to be our best selves. More than just doing a good job, it encourages us to consider how and why there are people worth highlighting.

Respect	Treating people with dignity
Compassion	Responding sensitively to individual needs
Excellence	Providing quality services
Stewardship	Managing environmental & other resources responsibly
Integrity	Being Honest and fair

Our core values are clearly laid out on our website and on every email that we send.

In 2019, there were 83 nominees, up from 63 the previous year. Each nomination is personal, specific and highly valued by all staff, and their names were made into two giant Christmas paper chains.



Left: Marvellous. Right: Fumpa, Rachel and Alex

2019 WINNERS

Respect

Cora, Carer

“Very friendly carer with a lot of experience and knowledge. Goes out of her way to ensure the wellbeing of residents”

Compassion

Rachel, Resident Customer Service Officer

“She speaks to everyone with the same level of compassionate respect”

Excellence

Marvellous, RN

“Her level of care is always at the highest level”

“always exhibits excellence and compassion in her work. Has a warm and calm attitude that brings assurance”

Stewardship

Alex, Maintenance Manager*

“Nothing is too much trouble for Alex”

**Alex has recently moved to the south coast with his family. We wish them all the very best. His future employer is lucky to have him!*

Integrity

Fumpa, Quality Coordinator

“She always goes out of her way to help you”



Happy BIRTHDAY!

AUSTRALIA DAY

Staff and residents alike celebrated our national day with a barbecue full of Australiana food, including snags, lamingtons and Anzac cookies.

Gaetan in his best Oz Day outfit.



VALUABLES

We remind residents and their families that they are responsible for the security of all personal items.

The keeping of excess jewellery and cash in rooms is discouraged. All residents complete a Valuables Checklist on admission. Residents are of course encouraged to bring personal items such as pictures, television and/or radio (both with earphones) and small pieces of furniture.

Please be assured that staff take full care, however Ashfield Baptist Homes cannot be held responsible for lost, damaged or stolen property.

Residents are all responsible for arranging their own contents insurance. You can arrange Personal Liability Insurance if you wish. The insurance company should be advised that staff have access to your room.

If you suspect a theft, please advise your Clinical Manager or RN.

February

Nofa K	1 Feb
Rita H	3 Feb
Elisabeth D	4 Feb
Jean M	6 Feb
Raymond B	7 Feb
Fatima S	8 Feb
Beryl T	11 Feb
Maria R	17 Feb
Peter H	20 Feb
Miroslav M	23 Feb
Lorenza D	24 Feb
Baldomero V	27 Feb

March

Margaret C	3 Mar
Nanette L	5 Mar
Jean L	9 Mar
Filippo M	10 Mar
Judith L	12 Mar
Jacqui N	14 Mar
Paul V	20 Mar
Fritz K	22 Mar
Anna Z	23 Mar
Janet M	28 Mar

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