



The Heartbeat

Last year we were preparing to celebrate the International Year of the Nurse and Midwife. How prescient that turned out to be. Our staff, nurses and carers alike have all contributed to the wellbeing and safety of our residents in more ways than we could ever have imagined.

The Aged Care Royal Commission's Final Report, released on 2nd March, recognises the immense effort of the aged care sector and also brings the challenges of aged care services into clear focus. The Australian Government commits to responding to the report recommendations by 31 May 2021, driven by the principles of respect and care through the lens of five broad pillars, namely Home Care; Residential aged care quality and safety; Residential aged care services and sustainability, Workforce, and Governance.

We're optimistic about a return to regular entertainment and welcoming the wider community in to our High Street Café once more. Bus drives have resumed and we're hopeful external excursions will be possible before too long. And we were thrilled to recently trial a Virtual Reality Day at the Opera.

Our reaccreditation has been postponed for another six months, which is a huge testament to our facility.

Looking forward to 2021 and all the positive energy and wellbeing that it hopes to bring for our community.

Leigh



Residents enjoying our VR Opera trial

On this day...

February 2, 1880

The first successful shipment of frozen mutton from Australia arrived in London aboard the SS Strathleven.

February 9, 1986

Women ordained as priests in the Anglican Church of Australia for the first time.

February 17, 1882

The first cricket Test match at the Sydney Cricket Ground begins.

March 14, 1879

Albert Einstein born. His theory of relativity led to new ways of thinking about time, space, matter and energy.

March 19, 1932

Sydney Harbour Bridge opened to traffic.





Farewell TO ANN AND KATHY

On 13th January we were sad to farewell two of our senior managers.

Ann Russell, one of our HR Managers is retiring after working for ABH for over six years. In fact, Ann tried to retire early last year, but kindly agreed to stay on to help the management team navigate the pandemic. She's looking forward to spending more time with her family and planning some trips when our travel options open up.

Kathy Mitchell has been the Chaplain at ABH for nine years, providing invaluable pastoral care to all our residents and families. She's moving on to a new community based position with Baptist Care that is closer to home.

We wish Ann and Kathy all the very best of luck with their future plans.



Ann and Kathy



COASTREK

Three teams from ABH supporting Bethel Home Care are walking the **30km Coastrek on March 19th** to raise awareness and funds for BeyondBlue.

Supporting positive mental health is more important than ever during the pandemic. Right now, over one million people in Australia have depression and more than two million are experiencing anxiety.

If you would like to support our efforts (and knees!) see below link. The three teams are;

bethelhomecare1 (Livi, Ana, Sally and Marica),

bethelhomecare2 (Rachel, Liz, Morag and Elaine) and

bethelhomecare3 (Leigh, Vicki, Pushpam and Fumpa).

<https://www.coastrek.com.au/fundraisers/bethelhomecare>



Training for Coastrek: Top: Sally, Liz, Rachel and Morag

Bottom: Fumpa, Vicki, Pushpam and Leigh

Café UPDATE

Now that we're open to visitors again, the cafe hours are 9:00am to 1:30pm.

Breakfast, lunch, beverages and snacks are all on offer, with the food focusing on a range of sandwiches and burgers. The most popular menu item is a BBQ & Mayo Grilled Chicken Burger with bacon, grilled cheese, lettuce, tomato and charred onion, on a toasted milk bun (Jamie's favourite!)

Cafe staples like a B.L.T., Bacon & Egg Roll or Banana Bread are also great choices. We are now using coffee beans from The Urban Coffee Co., a local specialty coffee roaster, freshly ground and brewed to order. Baked goods come from an artisanal bakery in Marrickville, from the cookies in the jar on the counter to the tasty Turkish sandwiches in the cabinet.

Staff and residents can even have their meals charged to their account, making our cafe a convenient, delicious choice for lunch or just the morning caffeine fix.

Jamie Higgins, Café Manager



HENPOWER UPDATE

Our chooks needed space to expand so we invested in a brand new/you beaut chicken coop, ably constructed with the help of resident and all round handyman Mario and purchased with leftover cash from our Christmas party donations. So far the chickens hate it but we're hoping they'll come to terms with it before too long!



HISTORY OF OUR AREA NAMES: SURBITON

Surbiton is on the first floor of A.H. Orr Lodge. The original namesake federation home was constructed in 1881 by local solicitor Marsham a'Beckett. In 1931, Matron Scurr inspected 'Surbiton' when she was looking for a place to use as a refuge for elderly folk. The original steps of the house remain today leading to the rear entrance on Holden Street.



Say hello to... **FILIPPO AND ENZA MUSSO**

Our Story as told by Filippo

My name is Filippo. My beautiful wife Enza and I are both 92 and residents at ABH for the past 7 years. We come from Sicily, Italy, where we were born and raised in the same small town of Poggioreale and married in May 1950. We have three beautiful children, Patricia, Frances and Ross.

We arrived in Australia in 1963 and lived in Dulwich Hill before living in our own happy family home in Ashfield from 1968.

Our oldest daughter Patricia and our wonderful son in law Sam blessed our family with a daughter and son, and now two grandchildren of their own.

Our middle child Frances and our much loved late son in law Joseph were also blessed with children; two boys, and three grandchildren.

Our son Ross is married to our lovely daughter in law Carmel and he also has a son from a previous relationship.

We feel very blessed with our longevity and to meet our six grandchildren and four great grandchildren.

Memories

My first job was working as a wheat farmer in Poggioreale with my dad to help support my family. Enza helped her family with daily chores. In those days thousands of migrants were moving between countries to earn a decent living for a better future. Some of my cousins had migrated to Switzerland so we went there. My cousin found us a nice comfortable apartment in a small town called Ennenda on the outskirts of Glarus, where we lived and worked for three years.

What an experience! Glarus is a mountainous area home to numerous lakes, villages and high peaks of the Alps covered in snow. Our first job there was in a wool factory where both Enza and I worked hard and made many friends. The girls would carry their baby brother through the snowfields to childcare





on the way to school every day. They learned to speak Swiss-German and translated for Enza and me.

We sacrificed a lot for our children, it was very hard travelling to another country and looking for work where we did not understand the language.

My dream was always to follow out my brother and sister to Australia. We arrived in 1963, sponsored by my sister. Enza and I were both ambitious and worked hard and long hours, two jobs at a time and weekends, until we saved a deposit to buy our first home within 6 months of arrival.

I worked as a gardener with Marrickville council for 33 years while Enza worked hard attending to domestic duties and raising our children and helping with our grandchildren. As for interests, I enjoy fishing, gardening and a social flutter while Enza was a self-taught knitter, knitting many jackets and booties etc for our grandchildren. She was a big socialiser with family and friends over treats and a cup of coffee. These days they call it high tea.

A Celebration

When we married in 1950 during the depression we didn't have a wedding celebration. So our wonderful kids organised a beautiful wedding ceremony for our 50th wedding anniversary. We were chauffeur driven in a white limo (an unimaginable dream!) The ceremony was held at St Brigid's Catholic Church in Marrickville with a nuptial mass, a choir and family and good friends that filled the church with much love and joy. Afterwards we had a big Italian reception at the Villa Rosa, with an abundance of good food, desserts, wedding cake and plenty of vino. It was the most beautiful celebration anyone could ask for – thanks kids.

We gratefully appreciate and acknowledge the opportunities given to us from one of the best countries in the world. Our greatest achievement has been raising our beautiful family with honesty, love and respect. We feel very grateful and blessed we are still together. In May we will celebrate 70 years of marriage. We still share a beautiful generous room (number 33!), enjoying what is left of our remaining years.

From left to right: Filippo and Enza in Italy, in Glarus with their children, Filippo fishing, with their children, and at their 50th Anniversary celebration.





Staff profile

SALLY ALVES, ROSTER MANAGER

Where did you grow up?

I was born and grew up in Marrickville. I went to Camdensville Public in Newtown, then to St Scholastica's college in Glebe. In 2002 I went on holiday to Portugal and ended up staying for 7 years! An amazing life experience for me.

Tell us about your family

My brother is 11 years older than me. My parents migrated to Australia from Portugal for a better future – Dad came in 1977 and Mum in 1981 with my brother. Times were hard but they supported us to become the people we are today, and we will be forever grateful.

I met my husband in Portugal in 2002, we got married in 2007 and in 2008 moved back to Australia. Our boy Alex is 11 and we got lucky with a little girl named Luisa who turns 4 this year. We have a cat named Timmy who's been part of our family since he was 2 months old. He's a handsome cat and basically gets all the cuddles and food he wants!

I have a lot of extended family in Portugal, France, Canada and some here in Australia.

How long have you worked at ABH?

I have worked here for 8 years or so, currently in admin doing the rostering and also other duties. I love what I do



Top: Sally with Timmy the cat.

Above: Sally with her family.

despite challenging moments – keeping a positive attitude is what makes us better.

Three phrases to describe you

- I will help someone if they are in need
- Bubbly, I love a good laugh
- Thoughtful of others

Ideal holiday destination?

Right now my holiday destination would be somewhere here, with stunning white sand and crystal clear ocean water with my family. I would also love to visit Hawaii one day.

What is your greatest achievement?

Being a mother to my beautiful two kids. At work I have accomplished a lot which I'm also proud of.

What do you love doing?

When I get time I catch up with friends and family over a coffee or a BBQ. I love



Below: Sally's backyard in Portugal, and with her mother in Ponte de Lima

doing home improvement renovations, gardening and watching the pretty plants grow (my husband digs the big holes and I do the planting!)

Favourite thing to do?

Listening to music and singing along when no one is watching. Music makes me feel so happy and takes away the daily stresses.

Biggest learning during the pandemic?

Something so invisible can affect the whole world and all things managed well turn out well.

If you could meet anyone, who would it be?

My Dad. He was my best friend/hero. I miss him every day.

Life's biggest inspiration?

My parents – how they took on life challenges to give us the best they could. Mum and Dad always taught us to be the best people we could possibly be, by respecting one another, being kind and helping others in need.

Happy BIRTHDAY!

February

- Feb 1 Nofa K
- Feb 3 Rita H
- Feb 4 Elisabeth D
- Feb 7 Raymond B
- Feb 8 Fatima S
- Feb 8 Carol S
- Feb 9 Michel A
- Feb 10 Marilyn E
- Feb 16 Nino G
- Feb 17 Maria R
- Feb 20 Peter H
- Feb 23 Miroslav M
- Feb 23 Margie N
- Feb 24 Joan C
- Feb 24 Lorenza D
- Feb 27 Baldo V

March

- Mar 3 Margaret C
- Mar 5 Nanette L
- Mar 7 Betty W
- Mar 8 Leilani M
- Mar 9 Jean L
- Mar 10 Filippo M
- Mar 12 Judith L
- Mar 14 Jacki N
- Mar 20 Paul V
- Mar 22 Fritz K
- Mar 22 Anthony R
- Mar 23 Anna Z
- Mar 28 Janet M



Faith IN ACTION

For Christians, Lent is traditionally a time of prayer and reflection ahead of Easter, when we start to think again of the anguish, pain and suffering that our Saviour Jesus Christ endured on Calvary's cross.

It is a time when we look deeper into our hearts and re-examine our lives, to see how we are going in our Christian faith, and take time to develop a stronger and more meaningful relationship with God. During Lent, through the eyes of faith, we can approach the cross and meet Jesus afresh there, to understand all the more God's love, His mercy, His unfailing grace. In turn, Lent and Easter enable our external expressions of faith to be more authentic and a true demonstration of faith in God in action.

May you all come to know and experience God's love in a real and personal way this Easter.

Gordon Torry

Gordon is an Elder of Ashfield Baptist Church, former Chairman of the Board and a long-standing volunteer to ABH for over forty years.

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.

2021 CHINESE YEAR OF THE OX – GOOD VIBES

This year is the Chinese Year of the Ox, from February 12th, 2021 (Chinese lunar New Year Day) until January 31st, 2022. It's a Metal year from the five Taoist elements Fire, Earth, Metal, Water, and Wood. In feng shui, the Metal environment is clean, pristine, pared down, and shiny like metal – all good omens for a clean start.

The Ox is a powerful animal who can transform the negative challenges of the Rat year 2020 into positive outcomes in 2021 and help reconstruct because Ox is a builder.

Having great patience and a desire to make progress, Oxes can achieve their goals by consistent effort – not unlike our ABH Community!



Ashfield Baptist Homes

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Visitor bookings:

<https://ashfield.zipline.care>