



# The Heartbeat

In just a few weeks' time we had planned to celebrate our 70th birthday. But a certain something... (a global pandemic) had other plans for us, and we have made the difficult decision to hold the celebrations in 2021.

But who says turning 71 isn't a big deal! Let's see... Olivia Newton John, Billy Joel and Prince Charles are all 71. So, we're in good company, along with many major postponed events, including the Olympics.

During these challenging times we have all learned new ways of operating. With feedback from families and regular community forums, we have gradually relaxed restrictions. Zoom virtual visits remain in place. We plan to continue them indefinitely as a fantastic way for non-local families to connect with loved ones.

The frequency of face to face visits has gradually increased using our new Zipline booking system.

We truly live in the lucky country. Australia is on the right track. We're looking forward to spring and the prospect of opening up to all families and the wider community.

Lastly, a big thank you to everyone for their support over the past few months as ABH responded to the global pandemic. I am truly thankful that we continue to work in partnership to ensure the safety of our resident community and home care clients.

## Leigh

*Mario with our first egg laid by our chickens*



## On this day...

### June 7th 1940

Tom Jones is born (80 this year)



### June 10th 1933

The Australian Women's Weekly magazine is launched by Robert Packer and his son Frank

### June 17th 1867

Henry Lawson born

### June 24th 1978

First Sydney Gay and Lesbian Mardi Gras held

### July 1st 1949

Aussie legend John Farnham is born

### July 3rd 1947

Sugar rationing after World War 2 ends

### July 4th 1986

Neville Wran resigns as Premier of NSW

### July 29th 2001

Grant Hackett sets a world record in the 1500m freestyle



## Trailblazing\*

In May 1946, Miss Jean Hayston became the Church Office Secretary at Ashfield Baptist Church.

The Church Business Meeting minutes of June 22 1966 noted the 'high standard of her work and dedication of spirit were invaluable in the development of the Norland Girls Hostel, the Bethel Convalescent Hospital and the ever-widening work of the Church in the district.' Miss Hayston also served as Personal Secretary to the Pastor and contributed much during 20 years of heavy and unrelenting work.

In 1966 Jean Hayston relinquished her role of Church Office Secretary and became Bethel's official Administrative Secretary. Her move signified the growing community role and place of Bethel. That same year, Harry Orr resigned the pastorate at Ashfield. The departure of both Harry Orr and Jean Hayston had brought a powerful and effective partnership to an end. A new Constitution for Bethel was adopted.

By 1968, Jean Hayston had worked for Bethel for 22 years. During this time, the home had grown from a small private venture to an expanding large facility, involving significant personalities and increasing government regulations.



Ashfield Baptist Homes

70 years

This page: The 1919 sale poster for the site.  
Opposite page: The new A.H. Orr Lodge, 1978



## Trailblazing\* (continued)

After a golden period of prosperity and economic growth, the impact of inflation saw wages and costs rise rapidly while Government grants and increases to pensions lagged behind.

In the middle of the 20th century, aged care was generally a backwater business mainly tackled by families and the odd charity. Geriatric medicine was non-existent. Nursing was traditionally characterised by the high population of Christian women, but in the 1970s Christianity began to diminish in society.

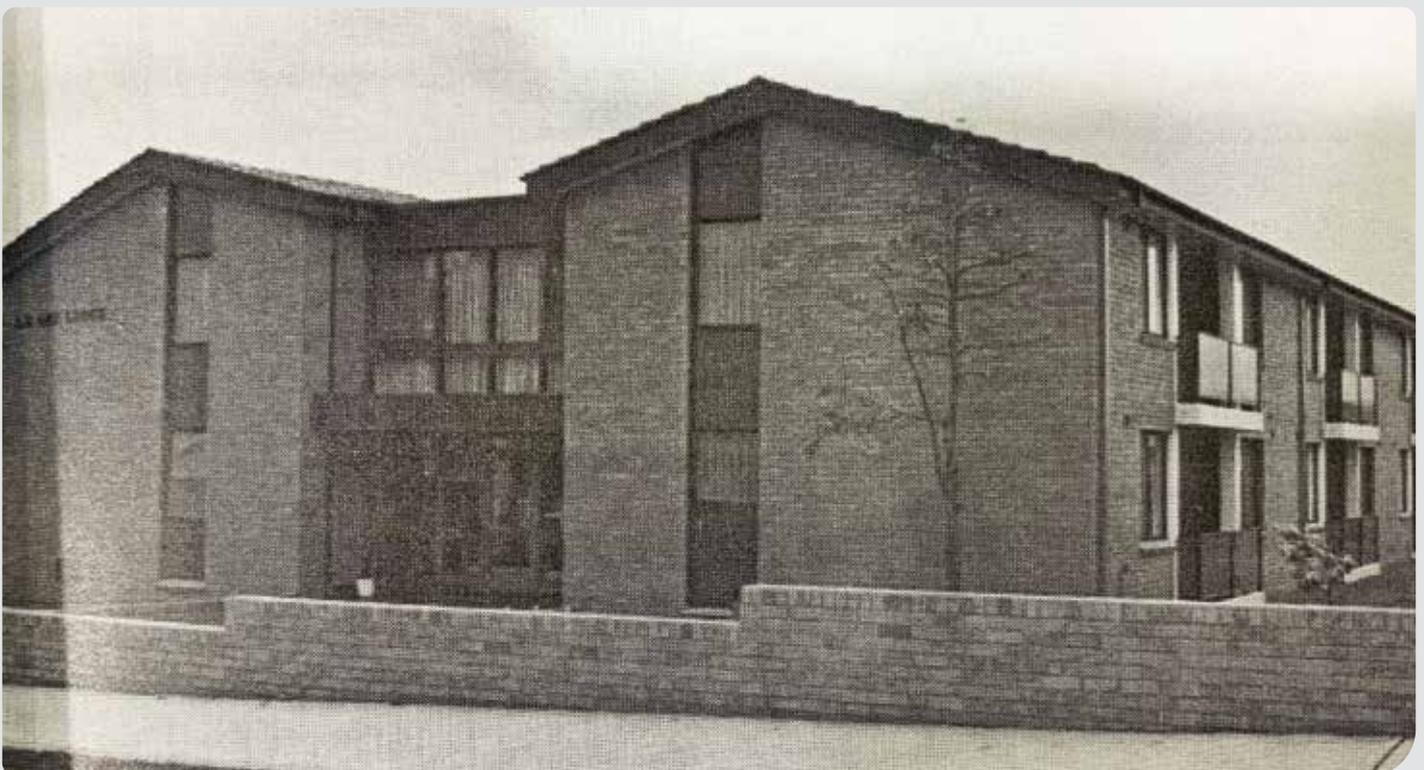
Despite these challenges, the new A.H. Orr Lodge was opened in 1978 under the vision of then Ashfield Baptist Church minister Rev. Keith Evans. It was built on part of the old Cherrie Hynton site and included the later sub-divided portions

that became 27 and 29 Clissold Street. Rev Evans was a former carpenter and visionary who took an existing idea and made it happen, through energy, purpose, and management input. The task was undertaken alongside his position as Minister at ABC which created ambivalence in some quarters.

On 15 April 1978, A.H. Orr Lodge was opened along with official guests, including representatives from the Minister for Social Security and the Baptist Union. The total building cost was \$450,000, of which 80% was funded by a Government grant.

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

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





## Say hello to...

### RESIDENT ROULA LYNCH

*How long have you lived at ABH?*

One year next month.

*Where did you grow up?*

In the south of Greece, near Kalamata. It was very hard. We saw two wars while I lived there, the Greeks with the Greeks, and then the German war. There were many problems with having enough to eat or things to wear.

*How did you come to live in Australia?*

In 1961 I left Greece by myself. I was 26. I saw an advertisement to go to Australia and work as a cleaner in people's homes. I had a friend who was a missionary. He was English but based in Cyprus. He organised for me to catch the ship from England to go to Australia. I was in the ship for 28 days.

The missionary showed my picture to people in the Greek church in Australia. He said if anyone can have this girl in Australia to work that would be good.

I stayed with a Greek family, a husband and wife, in Summer Hill near the Henny Penny.

*What was your first job?*

I was a nurse in Greece and then I became a nurse here. I got a job at RPA. I knew how to be a good nurse, but the language barrier was hard.



*Roula with her precious Greek bible*

A friend of mine was a cleaner and she was getting paid twelve guineas, whereas I was only getting six guineas as a nurse. So, I became a cleaner. I worked at Yasmar Court (Juvenile Justice Training Facility). I worked there for five years and it was very nice.

*Tell us about your family*

I am one of five siblings – two boys and three girls. My brothers are still alive and living in Greece. My oldest sister has passed but I brought my other sister here and she lives in Sydney.

I met my husband Michael in the church here. He worked as ground crew for Qantas. He was Australian but he was connected with the Greek church. He told his friend when he saw me, I'm going to marry that girl. And we did.

## Say hello to... (continued)

We only spoke English in the house, so I had to learn it and understand it. Michael had a lot of patience. If there were any troubles, he would say 'don't worry darling, I'll fix it up for you.' He was a very good man.

### *What do you believe in?*

I have been a strong Christian my whole life. Sometimes people don't understand me or think I'm mad! But I know what I think. I don't go round the bush.

Everything comes from the Lord God. He is the boss. The Lord makes us all free.

### *Best piece of advice*

When I was 16 someone told me to read the bible. I still have my Greek bible from then which I read every day.

### *Best memory*

I ran Sunday School in Greece and also here. Every Christmas, I wrote poems for the children. I made parties for them and we had tea together.



*Roula and Michael  
on their wedding day*



## GUESS WHO?

1. Which resident used to be an Olympic ice-skating judge?
2. Which resident taught arts and crafts to indigenous communities?
3. Which resident is a professor of linguistics?
4. Which resident is a professional makeup artist?
5. Which staff member is a blood relative of Princes William and Harry?

*Answers on page 7.*



## Staff profile

### **BARRY COWLING** **EXECUTIVE CARE MANAGER**

*How long have you worked at ABH?*

18 months but I have spent a long time in senior management positions in aged care.

*Three phrases to describe you*

Sincere — I say what I really think and feel.

Generous — I like giving things to people.

Loyal — I will always be on your side.

*Ideal holiday destination?*

Europe and/or the Taj Mahal

*Where did you grow up?*

I was born in Nana Glen – a small village in northern NSW, about 25km north-west of Coffs Harbour.

It's named after the two tailed lizards by early Aboriginals: where the Orara river and the Bucca creek meet it resembles two tails where they fork. It's historically a popular area for logging red cedar and dairy cattle.

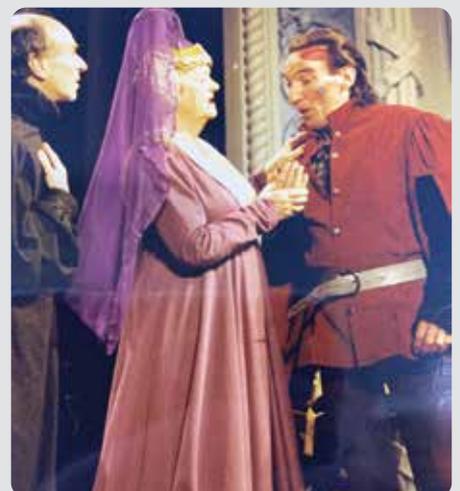
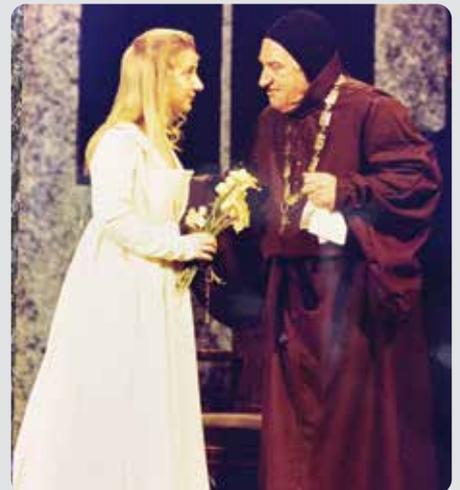
*Tell us about your family*

My father owned a mobile timber mill and used to log the state forests. My mother was an eccentric, artistic person. She dabbled in many arts and crafts, most notably oil painting. She was also an avid orchid grower.

I have 4 siblings (an older brother and sister and a younger brother and sister). I have lots of nieces, nephews, great nieces, and great nephews! My family still lives in regional NSW.

*What is your greatest achievement?*

To still be alive! To have an amazing partner and wonderful friends. To have mentored staff in their careers.



Barry and some of his amazing Am Dram creations



## Staff profile (continued)

### What do you love doing?

Being alive! Spending time with my partner and friends as well as spending time alone. I love my work, and cooking (and eating!), drives in the country and being near the water (though I'm not a good swimmer). Sewing is a skill I learned from my mother. I have been a costume designer for amateur theatre and opera.

### Favourite place?

Home!

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

Lady Ga Ga. I may be her oldest fan. Though it's possible I'd be too terrified to form any coherent sentences and I would make a complete fool of myself.

### Life's biggest inspiration?

My best inspiration comes from nature. It works very precisely to give us beautiful days and peaceful nights, a variety of seasons, magical moments, scenery, surprises and sometimes makes us aware of who we are. Friends, Residents and Colleagues continue to inspire me.

## Happy BIRTHDAY!

### June

June 2 . . . . . John K  
 June 9 . . . . . Leslie B  
 June 9 . . . . . Frank H  
 June 13 . . . . . Roula L  
 June 20 . . . . . Anne C  
 June 23 . . . . . Wendy L  
 June 24 . . . . . Stan M  
 June 30 . . . . . June M

### July

July 8 . . . . . Lucy M  
 July 10 . . . . . Helen H  
 July 10 . . . . . Denise K  
 July 11 . . . . . Sonja I  
 July 12 . . . . . Jennifer G  
 July 13 . . . . . Angela B  
 July 15 . . . . . Zhi Z  
 July 20 . . . . . Elie K  
 July 28 . . . . . Sione K



Happy 101st birthday Beverley!  
(May 22)

July 28 . . . . . Clorinda S  
 July 31 . . . . . Carmela B

5. Liz (direct descendant of William Gordon, 2nd Earl of Aberdeen 1725)  
 1. Wendy L 2. Jennifer A 3. David T 4. Margaret C

**GUESS WHO? Answers**



# Dementia Therapy

## MUSIC THERAPY

### WORKING WONDERS



*Our hens love listening to Elaine play the piano*

Elaine suffers from two forms of dementia. Her behaviour became aggressive and her health declined dramatically when denied access to family and church at the start of visiting restrictions.

Her family hired Cath Russell, RMT (Registered Music Therapist). Music Therapy is a recognised mainstream allied health profession, carried out by a university trained professional.

It is truly engaging for people with dementia, because neurologically, musical memories and motor memories (tapping, dancing, playing instruments, breathing for singing) are preserved through to even late stages of dementia.

Active music therapy (actively playing and singing facilitated by the RMT), can engage people in deeply fulfilling creative personal expression. A person with dementia can recall and reconnect with parts of their identity, through music, that have been important throughout their lives.

The transformation was astonishing.

'Elaine is a trained soprano and pianist. It's a privilege to hear her sing and to hear her reminiscences about singing with her family and church communities over the years! Once she starts singing a repertoire close to her heart, she clearly recollects events and people, and she experiences great joy in singing again,' said Cath.

Elaine enjoyed leading the singing and rhythm in her sessions, which meant Cath could accompany her harmonically with chords and support through gesture and facial expression.

Telehealth therapy sessions have made it possible for RMTs to work to reduce isolation and anxiety, and increase people's wellbeing, pleasure and relaxation in aged care settings.

Useful links: [austmta.org.au](http://austmta.org.au) or [www.rmtschangelives.com.au](http://www.rmtschangelives.com.au)

#### 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>