



# The Heartbeat

Last week I took some time off to support a family member in need. A much-needed pause to just be, to hold a hand, to listen and to comfort.

Today, Sunday 27th June, we have entered another 'lockdown' in greater Sydney because of increasing community COVID19 cases. I have really thought about what that means over the past 24 hours and would like to reassure you that all our staff will again work very hard to help maintain the connection for all of you – our families, friends and people in our care.

Connectivity for our residents is vital and our top priority alongside their care and safekeeping.

Our Lifestyle team's resources have increased and they are all on deck running socially distanced activities. Family Zooms continue and can be scheduled by emailing [mmiles@abh.org.au](mailto:mmiles@abh.org.au). Our Facebook page regularly profiles everyday life at the centre. Our chickens and regular visitor Woody bring a smile to everyone's faces.

Lastly, I'd like to give a shout out to our staff who work on Reception - they are at the forefront of everything and the face of Ashfield Baptist Homes. Thank you Ana and Mariya - you two are legends.

We look forward to seeing you all back here very soon.

Leigh

*Morag with Woody, the newest member of the Lifestyle team*



## *On this day...*

### **June 6, 1944**

D-Day, the largest amphibious landing in history, began as Allied forces landed in Normandy, France.

### **June 9, 1898**

Composer Cole Porter (1893-1964) born.

### **June 10th 1838**

Myall Creek massacre: 28 Aboriginal Australians are killed.

### **July 6, 1863**

Northern Territory passes from New South Wales to South Australia.

### **June 11th, 1892**

One of the world's first film studios, The Limelight Department, established in Melbourne.

### **June 9th, 1879**

Ashfield 'Village' is subdivided and sold off by Richardson & Wrench.





*Our new Chaplain, Ruth Njogah.*

## NEW *Chaplain*

Welcome to Ruth Njogah, our new Chaplain. Ruth is originally from Nairobi, Kenya and came to Australia in 2018 with her family. Ruth's husband is a minister at Earlwood Baptist Church, and she has a lot of pastoral experience through supporting his ministry. Several residents at ABH are members of their congregation. Her introduction to aged care came via voluntary pastoral and home based visits in 2019 with Baptist Care, and a chaplain role at a nursing home in Padstow.

Ruth would love to meet families and discuss anything regarding the spiritual wellbeing of the residents. Feel free to drop her a line at [chaplain@abh.org.au](mailto:chaplain@abh.org.au).

Regular services continue to run at ABH on Sundays 9.30am and Tuesdays (Devotions) 9.30 plus monthly mass. We regularly host the local Greek Orthodox Minister and are always open to ways of supporting other local connections with churches and religious bodies.

## UNIVERSITY OF SYDNEY TRAINING ALLIANCE



*Physiotherapy students Elsa and Cara*

ABH regularly hosts Physiotherapy undergraduate students as part of our training program alliance with the University of Sydney.

In June we welcomed Elsa and Cara to our facility, who worked with residents and staff for five weeks. Elsa hopes to work in a hospital setting when she graduates and Cara is interested in aged care after her stint with us.

Congratulations and good luck to them both in their chosen career. They both graduate at the end of this year – maybe we'll see them back here again!



## NATIONAL CENSUS

The National Census is this Tuesday 10th August 2021. The Lifestyle team are planning to assist residents completing their forms and make sure we capture all 136 people that live with us.

Please let us know if you have any queries.

### Fast facts – 2016 Census

- 23,401,892 people in Australia.
- 49.3% male, 50.7% female.
- Aboriginal and/or Torres Strait Islander people = 2.8%.
- Median age = 38 years.
- 66.7% of people were born in Australia



Country of birth	2016	2011
Australia	66.7%	69.8%
England	3.9%	4.2%
NZ	2.2%	2.2%
China	2.2%	1.5%
India	1.9%	1.4%
Philippines	1.0%	0.8%

## View from Bethel THEN AND NOW



1952 – View from Bethel Rest Home facing Holden Street



2021 – Same view today though the house is a bit more overgrown – posed by the delightful Monica Malloy



## Say hello to...

### RESIDENT BETTY MILLISS

*How long have you lived at ABH?*

I moved here in January 2021.

*Where did you grow up?*

I grew up in Luton, a town about 40 miles north of London. I moved to Australia with my parents in 1951. I had my 21st birthday in the middle of the Indian Ocean. The ship went to the breakers on its next trip so we were its last passengers.

*Where else have you lived?*

I first lived with my older brother in Liverpool. When my Mum got sick I moved back with Mum and Dad into the garage on the block they bought in Merrylands. We all lived in it and built our house together as Dad saved for materials.

From 2002, I lived in a flat in Concord with my husband David. Before that we lived in Burwood in a big Victorian house opposite MLC primary school, where we brought up our kids.



Betty and her brother Dennis



Betty swimming with her daughter Kathryn.

*How did you come to live in Australia?*

My youngest brother moved here during the war on a furlough and settled here. Then my oldest brother followed him out with his family. So all my parents' grandchildren were in Australia. In those days, you did what your parents did, so I came out here with them.

*Tell us about your career.*

I joined the New Theatre in Newtown, a high-quality amateur theatre company. I had parts in many productions and was raising a family by then, so I was



Betty and her family camping



Left: Betty and Dennis. Right: Betty playing Elizabeth Proctor in a 1958 production of *The Crucible*.

kept very busy. Through the years I was Vice President, and eventually became a paid employee as Assistant Secretary and then Administrator. David and I hosted many theatre functions at our house in Burwood. There were some wild parties. We helped build the theatre building in King St Newtown with our own hands.

#### *How did you meet your husband?*

I met David through the theatre after taking a part in a show where he was the show designer. We married on 14 January 1956. Sadly he died in 2019. He was a good artist and I have some of his paintings on my wall here.

We had two children, Bryan and Kathryn, and now have four grandchildren. Bryan is a cameraman for the ABC and Kathryn is a Cinematographer, so they've picked up our love of the theatre.

#### *What music and movies do you enjoy?*

I love Casablanca. And Helen Reddy's 'I Am Woman'.

#### *What are your best memories?*

Family camping trips to Honeymoon Bay in Jervis Bay. I loved swimming in the ocean at Long Beach, Jervis Bay.

## WHO AM I?

"I was born in a small fishing town outside Calabria (Italy), the eldest of 7 siblings. My mother died young and my father remarried.

My step-mother didn't involve herself much around the house so I picked up the role of home-keeper and had minimal schooling.

I was married by proxy to a man who was boarding with my aunt in Australia. I moved here when I was 19 and we had three children.

I later worked as a cleaner in a sack factory, and later in another factory in Town Hall making ladies' belts.

I lost one of my sons when he was 35 (a very difficult time for me) but I see my other two children frequently.

I've always enjoyed cooking and knitting and enjoy the company of others. I have lived in Glenara since October 2012."

*Answer on page 7.*



## Staff profile

### BHADRA WAIBA, CARER

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

I was born in Bohore village, Sindhuli, Nepal. My family and I came to live in Australia in 2008.

#### *Tell us about your family.*

My husband and I have two sons, two daughters in-law and two grandsons. They all live in Sydney. Every weekend we go out and have dinner together. My two grandsons are lovely, I'm really enjoying playing with them. They call me Mama. They live in Lakemba very close to me, just 5 minutes walk.

In Nepal I have six siblings; two brothers and four sisters. I am the youngest one. I am the only sibling who has migrated to Australia. I miss them a lot during big festivals like Lhochhar (my New Year).

I also have two brothers-in law and four sisters-in-law from my husband's side.



*Bhadra with her family.*



*Above: Bhadra and her husband at a Nepalese festival.*

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

Eleven years (since 2010). In Nepal I did a Bachelor of Nursing and worked as a Registered Nurse. I also received a Bachelor of Nursing (post registration) from Flinders University in Australia. When I came here I did not want to work as RN at first, but all my friends encouraged me. So I'm going to be an RN soon.

#### *Three phrases to describe you.*

Honest, friendly, and fair.

#### *Tell us about your community involvement*

I volunteer in three main community organizations - Riverwood Community Centre, Nepalese Federation Society, and the Canterbury-Bankstown Harmony Group. I enjoy helping with community development and integration work with the Nepalese community. In 2020 I helped to run a Harmony Program, information sessions, fundraising, entertainment and fun activities for elderly people within the community. I also encouraged Nepalese communities to donate to NSW Rural Fire Service.



Since the pandemic, I help inform the Nepalese community and individuals about where and when they can get tested for Covid-19. I also have distributed immediate COVID-19 relief supports such as groceries. I also assist with driving seniors to the Ashbury Senior Citizen Centre for recreational activities.

*Ideal holiday destination*

Me and my husband visited New Zealand for a holiday. I really like it because it has mountains and hills. It reminds me of Nepal. I met some friendly Maori people and talked with them about their culture and life style.

*What is your greatest achievement?*

In 2019 I received a Lakemba Woman of the Year award as a recognition of my work in the community. I felt very proud and honoured.

*What do you love doing?*

I enjoy helping vulnerable people in the community who are in need. My husband and I also enjoy taking part in Nepalese indigenous celebrations, such as the one held at the Orion Centre in Campsie.



Left: Bhadra receiving her Woman of the Year award in 2019.  
Right: Graduating from Flinders University in 2020.

**WHO AM I? Answer:** Teresa Radicchi



# Happy BIRTHDAY!

## June

- June 2 . . . . . John K
- June 4 . . . . . Nancy D
- June 9 . . . . . Les B
- June 13 . . . . . Roula L
- June 13 . . . . . Bonnie M
- June 15 . . . . . Valerie F
- June 23 . . . . . Wendy L
- June 24 . . . . . Stanley M
- June 30 . . . . . June M

## July

- July 10 . . . . . Helen H
- July 12 . . . . . Jennifer G
- July 13 . . . . . Angela B
- July 15 . . . . . Zhi Z
- July 18 . . . . . Ana H
- July 20 . . . . . Harley S
- July 25 . . . . . Nicolai Z
- July 30 . . . . . Violet G
- July 31 . . . . . Carmela B
- July 31 . . . . . Maria H



Above: Edna all dressed up for birthday celebrations with the family on May 9th.



## Reflections

### KEEP HOPE ALIVE

*Our great desire is that you will keep on loving others as long as life lasts, in order to make certain that what you hope for will come true. (Hebrews 6:11-12)*

Whenever I think about HOPE, I think about the farmer.

HOPE is the one thing in life I never want to lose, even in the face of difficult seasons of life. However, often it may seem fleeting; that optimistic state of mind that things will get better.

A story is told of two farmers in the face of severe drought, with no prediction of rain in the coming season. Both farmers desperately turned their faces toward Heaven and asked God to send rain.

Amidst the predicted drought, only one farmer climbed his tractor, ploughed his farm and planted his seed.

The rains did come, but only one farmer was ready! Ultimately, only one farmer enjoyed a harvest in due time.



So, what is the sole purpose of hope?

It helps us cope so we can keep going in uncertain times. It spurs us on to love one another, remain steadfast and endure to the very end. *(Romans 15)*.

Keep believing, giving, loving, fighting, working, serving...Keep HOPE ALIVE

*"Hope is the only bee that makes honey without flowers."*

*Robert Green Ingersoll*

**Ruth Njogah**  
Chaplain

### 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](mailto:info@abh.org.au)

**W:** [www.abh.org.au](http://www.abh.org.au)

### Bethel Home Care

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