



# The Heartbeat

Throughout the past two years, our resident population has shown nothing but resilience, quiet stoicism, friendship, humour and patience. This is in spite of extended periods without family contact, having to learn new technologies and multiple rounds of testing.



*Barry trying out our new piano with residents*

Thank-you. You are valued members of the whole community: people living full lives, who have contributed to the growth and prosperity of our fair city which we all enjoy today.

I am eternally grateful to our families and friends – for their fierce advocacy, unwavering devotion, commitment to care and endless patience. This is despite multiple interruptions to normal visiting patterns and challenging health protocols. We are continually driven to exceed your expectations.

To ALL our staff – care staff, maintenance, administration, plus catering, cleaning and laundry contractors - thanks for your absolute commitment to our cause - accepting additional shifts and missing out on your own family celebrations. All while working in head-to-toe PPE, under enormous pressure to contain an outbreak. THANK-YOU.

Our community stands united by one goal: to ensure those in our care are protected and cherished, supported by a tradition that has lasted more than 70 years. A tradition that may not be recognised by the policy makers and the deciders in our world, but for us, our community, we know what it means. Values based care. Simple.

**Leigh**

## Coming up...

### 15th March

#### Miss Eleni

A singer who brings songs to life in the hearts and memories of the audience'

### 17th March

#### St. Patrick's Day

Green cakes for morning tea

### 21st March

#### Harmony Day.

Wear orange to celebrate inclusiveness, respect and a sense of belonging

### 13th April

#### Afternoon Tea

Each area is making their own flavour of jam to be shared

### 3rd May

#### Ron Ashton

Award winning live performance artist

### 10th May

#### Neil Anthony

Golden Oldies sing-along

### 23rd May

#### Bushman Therapy Horse

### First Friday each month

#### Happy Hour



## 2022 CHINESE YEAR OF THE TIGER



### Order of Chinese years

1. Rat
2. Ox
- 3. Tiger**
4. Rabbit
5. Dragon
6. Snake
7. Horse
8. Goat
9. Monkey
10. Rooster
11. Dog
12. Pig

February 1st heralded a new Chinese year. The Chinese Zodiac cycle is based on an old folk tale called the Great Race, in which all twelve animals take part in a race to reach the Jade Emperor. The order they completed the race is the order in which the years are named.

The Rat won out against the bigger animals by catching a ride on the back of the ox and then jumping off its back at the last minute.

This means the Ox, who had been due to win the race, had to settle for second place and the others fill in the places behind, with the Pig coming last.

2022 is the Year of the Tiger, known to be king of all beasts in China. Previous Tiger years include 2010, 1998, 1986, 1974, 1962, 1950, 1938, 1926, 1914. People born in the Year of the Tiger are

brave, competitive, unpredictable, and confident. Though charming and well liked they sometimes possess a stubborn personality too. Lucky colours are blue, grey and orange.

In Chinese mythology, the tiger is called upon by the Jade Emperor, the ruler of heaven, to exorcise demons. The purging of evil can be used symbolically to represent the relatively positive shift from pandemic to endemic. Given its status as a guardian, the tiger embodies characteristics of courage and bravery, so the new year could also symbolize resilience and strength, even in times of struggle.

Our strong, resilient and brave Tiger residents include Olga B, Nancy D, Elisabeth D, Eileen H, Monica M, Dimitrios A, Winifred D, Joy H, Jean L, Ante O and Zhi Z.

## Congratulations!

Huge congratulations to our resident physio Angela Lau and her husband Jun who welcomed their ridiculously adorable baby girl, Alina Kwon, on 12th January.

Angela joined ABH in September 2020. She enjoys helping residents optimize their functional activities, by assessing residents' mobility and providing recommendations for mobility aids, pain management and falls prevention strategies. Exercise classes and a resident walking program also contribute to creating a care plan to meet residents' needs. Angela also trains staff members for safe manual handling. Early in 2021, the ABH Physiotherapy team started a student placement program with the University of Sydney on six-weekly rotations.

Angela is planning on returning to work early next year, and we're all hoping for a visit with Alina before then.



Top: Angela helping Michael. Bottom: Alina and her minder.

## On this day...

**16 February 1957**

British broadcasters ended a postwar policy not to schedule programming between 6pm and 7pm (known as the 'toddler's truce')

**28 February 1983**

The final episode of M\*A\*S\*H was watched by an estimated 106 million viewers

**28 February 2013**

Pope Benedict XVI became the first Pope to resign since Gregory XII in 1415

**1 March 1872**

Yellowstone National Park in the US (UNESCO World Heritage site and home to Yogi Bear) was established as the world's first national park



**8 March, 1828**

Australian postage stamps are issued for the first time

**15 March 1877**

The first cricket test match was played at the MCG, between England and Australia



## Say hello to...

### RESIDENT HELEN DAVIES

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

A couple of months. Before here, I lived in my own townhouse in New Lambton, a suburb of Newcastle. I had surgery in Sydney and the hospital said I couldn't go home straight away, so they recommended ABH. It felt strange at first, not being in my own home, but once I moved in, I felt very happy.

I'm quite content living here because I'm well looked after. I miss my independence – not being able to get in the car and drive somewhere takes some getting used to. But the care here is wonderful.

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

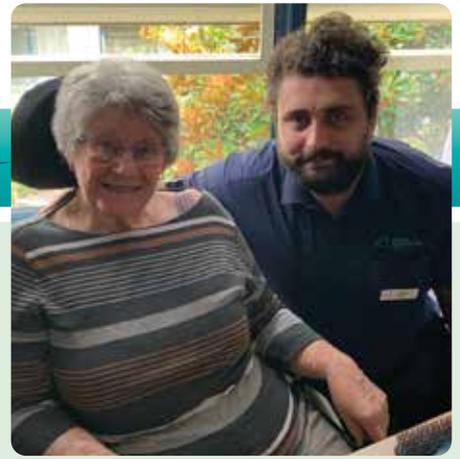
I was born in New Lambton and grew up in Lake Macquarie – Boolaroo and Speers Point, which gave me wonderful childhood memories with my older brother and sister. We lived with my mother's sister for a while, who had a hotel in Boolaroo, and she had four children, so it felt like being one of seven. When I was thirteen, my mother moved us to a house in Speers Point. She was a single parent and when she first bought the house, she rented it to people which allowed her to pay it off before we moved in.

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

My husband Warren and I met at the Monday night dance in Boolaroo local hall, where all the big occasions were held. Warren died when I was 43. It was a very hard time for the boys and me, as they were still at school and uni.

I have two sons; Paul was born in 1961 and Mark in 1963. Paul lives in Sydney and is married. Mark lives at Coffs Harbour, he's a widower. I have one step grandchild, Ben, he's a wonderful boy and I have two great granddaughters, Olivia and Georgia. They live in Chisholm, near Maitland.

Leigh Kildey is my niece, my sister Jan's daughter. It's nice being able to see her and Darcy more now I live here.



*Top: RAO Darcy visiting his Great Aunt Helen*

*Middle: Colleen and Helen*

*Bottom: Mark and Helen*



*What sort of career did you have?*

I did clerical work my whole life. All the book work back then was done in big physical books. I left work when I was expecting my first child and then moved to clerical work at the primary school where Mark was. The best thing was being able to work school hours and have the school holidays off. I worked right up until my seventies in part time roles.

*What do you enjoy?*

I enjoy reading, just about anything except horror. Biographies about people's lives interest me the most. I've done a bit of travelling, to Europe a few times. My niece lived in Denmark as an exchange student, so I went along to see her with my sister and family. Then my other niece and I did a European tour together. Some years later, a friend and I hired a camper van in England and travelled round Europe for a few weeks. I loved Italy the best but everywhere in Europe's so lovely and different to Australia.

Another friend and I went to the opera in Sydney five times a year for twenty years or so. I love the old-fashioned operas, like La Bohème and La Traviata. We also went regularly to the Australian Chamber Orchestra concerts in Newcastle Town Hall.

*What are your best memories?*

We had one family holiday growing up, near Swansea. I thought we were miles away and it turned out to be ten miles at most! We swam in the lake a lot and in the local baths.

Warren, the boys and I used to go on holiday to Mermaid Beach on the Gold Coast every August for seven or eight years. It took ages to drive up, leaving at six am and arriving at dinnertime, stopping over at Coffs Harbour for lunch. The boys were pretty good travellers, so it wasn't too bad.

*Tell us an interesting fact about you*

I'm very interested in words, and I do lots of crosswords. I often say words backwards in my mind. My maiden name was Slavin. My sister and brother were called Jan and Frank, so we all called each other Naj, Knarf and Neleh Nivals.

My mother wanted to call me Helen but she thought Judith Helen sounded better.

*What's a happy memory?*

A group of us used to meet on a Thursday morning for a coffee in Charlestown Square. Over time one extra person or another came along, and the group grew. We ended up with about twenty people every week! I miss those get-togethers.

*Below: Jan, Paul, Norm, Connie (Helen's mother), Warren, Helen, Mark, Leigh and Megan.*





## Staff profile

### LIZ FOSTER, COMMUNICATIONS MANAGER

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

My home town is Maidenhead, in the south of England. I used to cycle everywhere, rain hail or shine! I still enjoy bike riding, though I'm glad we don't have to use those dynamo batteries any more for lights, they weighed a ton. I am still firm friends with lots of girls from my high school days.

I did a business degree at Portsmouth University before heading off backpacking and arriving here.

#### *Tell us about your family*

My father was a pilot in the Royal Navy and Mum worked in administration. My dad's only brother moved to Trinidad when he was 18, and my mum grew up in South America where her only brother still lives. So all my first cousins are from the West Indies or Mexico!

My sisters, Peta and Tina and I, are extremely close and this relationship has extended to our children. My daughter

Grace spent a gap year in England before starting Uni (just squeezed in before Covid) and her sister Ruby is heading there this year.

My husband John and I have been together since I arrived in Sydney (in December 1991). We actually met in the Greek Islands the year before. He is Australian but his family is Greek.

#### *What career have you had?*

I worked in corporate marketing roles for twenty years and then ran my own consultancy helping smaller clients. More recently I've worked for other not-for-profits including a refugee retraining agency, which I loved.

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

I started here in October 2019. Most of my time has been driven by pandemic led communications. Marketing lollies



*Top: Liz and John, Greece, 1990. Bottom left: Liz & family plus sisters Peta and Tina in Greece, 2019. Bottom right: Lockdown birthday lunch!*



Left: Peta, Liz & dad Graham. Right: (L-R) Sue, Tina, Peta, Liz, Graham.

was fun, but nothing compares to the rewards working here, contributing to the common cause and making a real, if small, difference to people's lives.

### *Three phrases to describe you*

Thoughtful, loyal and proactive

### *Ideal holiday destination?*

The world – literally. The south of Spain remains one of my favourite places – incredible architecture and history linked with centuries old feuds between the Christians and the Moors. I'd also love to do a walking coastal tour right around the UK as far as the Orkney Islands.

### *What is your greatest achievement?*

My family. My sisters remain the closest two people to me outside my nuclear family. My husband and I still enjoy doing things together, which is amazing when I think about our first meeting in that bar in Los! Raising our two girls has been a magical experience. I'm so interested in them as people. Our family dynamic works well, which is just as well as we've all been together at home during lockdown for months on end!

### *What do you love doing?*

I've been a reader my whole life. I've always loved writing as well – I must have sent hundreds of postcards, letters and emails over time. A few years ago during a long convalescence I decided to write a book. It proved to be a real gift to occupy my mind, having characters, and actions and plot points to think about. I've just finished my second novel and hope to be published later this year. (For the record they are warm hearted Australian stories with a twist – think Liane Moriarty).

### *Biggest learning during the pandemic?*

People need to feel listened to and heard, even if there's nothing specific you can do to change the situation.

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

My parents as young adults. Apparently, they were real characters!

### *Life's biggest inspiration?*

The ABH residents. I'm always blown away by how stoic and accepting they are of all the changes that life has thrown at them. They have helped me to live in the present and accept whatever happens in my own life.



# Happy BIRTHDAY!

## Reflections



**Faith, hope and love.  
But love is the greatest.**

There are many characteristics that make February unique. February is the shortest month of the year and has a day that is dedicated to “love”.

Theories on love abound, that basic human emotion and desire for affection and connection, whether physical, mental or spiritual.

I wonder, do all human beings have the capacity to love and to receive love? Can one human being fully meet another human being’s desire for love?

When I think of parenting, it feels mysterious how one is able to love and care for his or her offspring. But more often than not, our human nature and selfishness can cloud our innate ability to express and receive love.

Love is often expressed through an action. Yet we often fall short of kindness, patience and humility. Instead, we exude jealousy, pride and anger, and hold on to grudges.

It is written that God is the source of love. And as Love Himself, God can fill and quench our need for love.

From that infill, we can then pour out into others. Our heart is like a cup - it can only give of its contents, and will run empty if it pours out more than was poured in.

We have the capacity to fill our cups!

**Ruth Njoga, Chaplain**

## February

- Feb 1 . . . . . Nofa K
- Feb 3 . . . . . Rita H
- Feb 4 . . . . . Elisabeth D
- Feb 7 . . . . . Stanley R
- Feb 7 . . . . . Ray B
- Feb 8 . . . . . Fatima S
- Feb 8 . . . . . Carol S
- Feb 10 . . . . . Marilyn E
- Feb 16 . . . . . Nino G
- Feb 17 . . . . . Maria R
- Feb 20 . . . . . Peter H
- Feb 23 . . . . . Miro M
- Feb 23 . . . . . Margie N
- Feb 24 . . . . . Lorenza D

## March

- Mar 3 . . . . . Margaret C
- Mar 7 . . . . . Betty W
- Mar 8 . . . . . Leilani M
- Mar 9 . . . . . Jean L
- Mar 12 . . . . . Judith L
- Mar 20 . . . . . Paul V
- Mar 23 . . . . . Anna Z
- Mar 22 . . . . . Anthony R
- Mar 23 . . . . . John K-M
- Mar 28 . . . . . Janet M

### 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.*

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