

# The Heartbeat



I watched in awe at Queen's Elizabeth II's 70th Platinum Jubilee celebrations across the UK. This included spectacular light shows, colourful flags flapping, stirring music, and collective displays of affection. In her speech, Queen Elizabeth shared what a privilege it has been to serve her community for 70 years, along with achievements and challenges. Moving beyond our 70 years at Ashfield Baptist Homes, we too have much to celebrate, and be thankful for.

I'm grateful to our residents, family and friends, the Board, and wonderful staff at ABH who have helped us navigate many recent challenges, including full and partial lockdowns, monitorings, and a flooding basement. We achieved this together. A heartfelt thank you.

It's also important to reflect on other major achievements. Aided by donations from residents and families, we completed our peaceful courtyard in Glenara, AH Orr Lodge. We invested in iPads, laptops, and software, enabling easier communication between residents and families. Our new staff uniforms have arrived and look fabulous. Our new, bright, beautiful, more welcoming reception area is complete, and revamping of rooms and bathrooms continues. These achievements would not have been possible without so many generous donations.

We take every opportunity to celebrate life events here at ABH. This month, our wonderful Lifestyle team and residents celebrated the Queen's Jubilee, Asian Month, Reconciliation Week, and the return of Bushman the Therapy Horse.

So much to be grateful for. Thank you for being part of our wonderful ABH community.

**Leigh**

## *On this day...*

### **June 1st 2004**

Jennifer Hawkins wins Miss Universe pageant.

### **June 2nd – 5th 2022**

UK 4-day weekend dedicated to celebrating Queen Elizabeth II's Platinum Jubilee.



### **June 10th 1829**

First Oxford and Cambridge University Boat Race takes place.

### **June 25th 1967**

World's first live global satellite TV program airs.

### **July 5th 1851**

The discovery of Gold at Clunes is announced, which starts the Victorian Gold Rush.

### **July 20th 1969**

US Astronauts Neil Armstrong and Buzz Aldrin land on the Moon.

# Celebrating 70 years OF THE REIGN OF QUEEN ELIZABETH II

Celebrations for the Queen's Jubilee were enjoyed by many of our residents who toasted the occasion with high teas. Our very own Frank shared that he once came face to face with Her Majesty Queen Elizabeth II while he was enrolled in the National Service.



Top: Jean and Jennifer. Above: Joy.



Top row left: Lorenza and Nancy attempting the quiz.  
Top row right: High Tea has been served for David, Anna, Heather, Elizabeth and Norma. Above left: Frank ponders a jubilee quiz question with some help from the Lifestyle Team. Above centre: Elizabeth and Norma celebrating. Above right: Marilyn.

## Postcard from Liz

Our Communications Manager Liz joined her family in the UK for the Platinum Jubilee festivities. She paid a visit to the Palace, met a Pearly Queen, discovered knitted hats on post boxes, and hopped on a jubilee themed bus.







## CELEBRATING THE RETURN OF BUSHMAN THE THERAPY HORSE

A few weeks ago, Bushman, the 600kg therapy horse, strolled in to pay our residents a visit. Bushman is a gorgeous, gentle, 16 hand Appaloosa. Because of lockdowns across NSW, Bushman has only started to revisit homes over the last few weeks. ABH residents were lucky to be one of the first places to welcome him back for lots of pats, kisses, and cuddles.

*Top: Jocelyn giving Bushman a pat.*

*Second row left: Marilyn saying hello to Bushman. Second row right: Bushman meeting a resident.*

*Third row left: Olga enjoying her time with Bushman. Third row right: Sally and Woody on their way to see Bushman (Woody was not interested!).*

*Bottom left: Margaret saying hello. Bottom right: Rita having a turn.*





## *Celebrating Outings!*

Our bus tours and shopping trips have re-commenced!



*Top: Jean and Gaetan return from a scenic tour.  
Centre: The ABH bus back in action.*



## **BAKE SALE SUCCESS**

Congratulations to everyone involved in our recent Fundraising Bake Sale. The sale raised nearly \$400 for Cancer Council, Australia. Thank you to everyone who baked, bought, and ate the delicious cakes on the day.



*Top: Nancy cooking up a storm.  
Above: Frank cheering Nancy on.*

## *Celebrating Asian Month*

**Nancy and Asenaca cooked up a storm for lunch.**

After chopping veggies to perfection, Nancy whipped up a Chicken Noodle Stir Fry with fresh garlic, ginger, and oyster sauce. Frank cheered her on, while waiting for a little taste. It was well worth the wait! The dish was absolutely delicious!



## *Volunteer Spotlight* **MEET BILLY**

My name is Billy Tang. I grew up in the western suburbs of Liverpool with my parents and 3 siblings. It was a small housing commission house and I have many positive memories of taking the dog for walks around the neighbourhood.

I volunteer my time because I think people thrive in communities and I love learning about people's stories. I used to be a primary school teacher before becoming a Pastor and I love that churches can be an important part of helping communities.

I enjoy exercising with some boxing or sprinting but since becoming a parent, the main exercise I do is carrying the kids around. I have a 3-year-old boy, Jacob, and a 7-month-old daughter, Bridie. Other interests are going for walks and spending time with the family at playgrounds.



## *Welcome Back* **RAKSHYA**

We are grateful that Rakshya returned to ABH in June to our High Street Café to tempt our taste buds. She is serving up freshly brewed coffee, breakfast rolls, daily hot lunch specials, including Buffalo Wings and Naan with Creamy Prawn Curry.

Rakshya is originally from Nepal and enjoys sharing her traditional recipes especially her curries and other spicy dishes – perfect on a cold winter's day.



## *Congratulations* **BHADRA**

**Congratulations to Team Member Bhadra Waiba, Finalist in the Multicultural Health Communication Awards.**

The Multicultural Health Communication (MHC) Awards were established in 2003 by NSW Multicultural Health Communication Service (MHCS) and are conducted biennially. The 2021 MHC Awards continue recognising the excellence in multilingual health communication across NSW Health. Our lovely Bhadra was recognised for her incredible contribution to our community.







## Staff profile

### AMINA TARIQ, FINANCE MANAGER

#### *Why do you like working at ABH?*

Aged Care is my absolute passion! I work at ABH as Finance Manager. Ever since I was little, I've been good with numbers, but my role here involves much more. It includes future planning, accurately recording and maintaining records to accounting standards and Aged Care policies. I love to change things for the better and empower others to be their best. Part of my role is process innovation, looking to the future and improving the way we do things. This is especially important as we are non-profit.

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

When I first moved to Australia, I worked for the Commonwealth Bank. I moved into Aged Care many years ago but started working at ABH in January 2022. I love it here. The staff are supportive and really care for one another.



#### *Where did you grow up and who influenced you?*

I was born in Peshawar, Pakistan. I completed high school in Pakistan and came to Australia in 1999 to pursue further studies. It was unusual for a female from my country and culture to focus on her education. I have a bit of a rebellious streak and a big thirst for learning. Luckily my father was very supportive and encouraged me. My mother on the other hand is very creative. I love to paint and create artwork; I think I inherited that from her.

#### *Do you have any siblings?*

I have two wonderful sisters and we are very close. We text or call every day. We love Facetime! One lives in Canada, the other in Dubai. This year in July we will be going back to Pakistan together and will see each other for the first time in 5 years.

Unfortunately my dad passed away a few years ago. My mum came to Australia in 2019 for 3 months and I'm looking forward to her visiting again.

#### *You mention art, do you paint?*

Yes, I do! I have held a few exhibitions in Pakistan. I really love painting landscapes and stained-glass windows. I find painting relaxing. I also love to read.



*Do you have any other hobbies?*

I like to keep healthy. I get up early (3.30am) for fitness training. I box twice a week and do karate once a week. I also enjoy heavy weightlifting. My goal is to be able to lift 120kg but I'm currently lifting about 60kg, so a bit of a way to go! I enjoy running and have completed 3 marathons but hope to do more. I play badminton and table tennis. I used to play the piano but haven't tried it for a while so I'm not sure how I'd go! I like to laugh and enjoy jokes and funny memes, especially the cat ones.

*What life events and celebrations are important to you?*

I am close to my family and love to celebrate their birthdays, marriages, anniversaries, anything I can. I love to surprise them with unexpected gifts or cakes! I like to travel and am keen to visit Egypt to see the pyramids. I'd also like to trek in Nepal one day.

*How would your friends and family describe you?*

I hope they would say, loyal, honest, and caring. I'm fiercely protective of my loved ones and my family are aware of that.

*If you didn't work in finance, what would be your ultimate career?*

To join the army or be a Fighter Pilot.



Left: Out in Sydney. Right: Boxing class

# Happy BIRTHDAY!

## June

June 2 . . . . . John K  
June 4 . . . . . Nancy D  
June 5 . . . . . Lynette M  
June 5 . . . . . Billie W  
June 7 . . . . . Shirley R  
June 9 . . . . . Leslie B  
June 13 . . . . . Bonnie M  
June 15 . . . . . Valerie C  
June 23 . . . . . Wendy L

## July

July 2 . . . . . Uriel B  
July 8 . . . . . Frank J  
July 10 . . . . . Helen H  
July 12 . . . . . Jennifer G  
July 13 . . . . . Angela B  
July 18 . . . . . Ana H  
July 23 . . . . . Jean B  
July 26 . . . . . Chrisoula B  
July 26 . . . . . Peter K  
July 30 . . . . . Violeta G  
July 31 . . . . . Maria H

## Reflections

### IT'S TIME TO DANCE AND MAKE MERRY

This past month, I had the privilege of celebrating with my dad who was receiving his Doctor of Ministry at the age of 76. During our 2 weeks together, I couldn't help but celebrate and appreciate the gift of seeing and hugging my dad yet again – something that I have longed for in the last two and a half years.

This life brings with it numerous opportunities for joy and celebration, and in the same breath, moments of great anguish and pain. But how often do we stop to smell the roses and linger just long enough to celebrate ourselves and others?

Tom Volkar says, "Celebration may be the most underutilised tool in your box. Our culture has lessened rejoicing over everyday beauty, such as the sunrise, and important seasonal events like harvest time. We need to remember that when the crops are safely in, it's time to dance and make merry".

Is celebration of self or others a foreign phenomenon in your life? Think about the joy new life brings, a new opportunity, a fresh start, an accomplishment... the list is endless. Our very being is reason enough to celebrate – that moment-by-moment breath of air through our lungs.

Are we celebrating enough? What if we paid attention to our daily accomplishments, our inner strengths, and the goals we have attained? What if we went a step further and marked these achievements with celebration and physical accolades? This may ultimately open a spring of gratefulness to spur us on to greater heights.

*"There is a time for everything.  
A time to laugh...a time to dance."*  
Ecclesiastes 3:1-8 (ESV)

*"This is the day that the Lord has made;  
let us rejoice and be glad in it."*  
Psalm 118:24 (ESV)

**Ruth Njoga, 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.*

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