



Ashfield  
Baptist Homes  
*Caring for life*

# The Heartbeat

It's a busy time for us at ABH, not that you'd know looking at Woody, our COVID support puppy and all-round cutie sitting at my feet. We have just completed our Bethel Home care audit with the Quality and Safety Commission – a glowing report with all outcomes being met. And we are well on the way to completing our NDIS reaccreditation – we expect an audit onsite later this year.

During March and April, the Board always turn their attention to the Strategic Plan to chart the long term direction for ABH and secure its stable future. Right now, we are exploring different revenue options - growing Bethel Home Care, and the construction of the retirement village.

The Fair Work Commissions ruling regarding staff pay rates means our care staff will receive a 15% increase on the award rate from 30 June. We have been conducting staff forums to provide further information. Many staff are currently on Enterprise agreements in excess of the award rates. Staff deserve every bit of credit for managing an extremely difficult workplace environment throughout the past three years, and we will be lobbying the Government to assist with these increased wages.

Lastly I am seeking your feedback on our management of the recent outbreak in Lynton. We are still subjected to the advice and guidance from SLHD, but I am keen to hear how these restrictions affect or impact you. Please email me at [lkildsey@abh.org.au](mailto:lkildsey@abh.org.au). We are always seeking ways to improve the quality and delivery of our services to you all.

Leigh



Residents getting into the swing of it for Great Gatsby Day

## Coming up...

### April

#### Armchair travel to Africa

**6th** - Easter Bunny deliveries

**7th** - Good Friday

**10th** - Easter Monday entertainment – Mike Valentine

**24th** - Anzac Day ceremony

### May

#### Armchair travel to Mexico

**2nd** - Catholic Mass

**9th** - Communion and Devotions Service

**15th-21st** - Volunteer Appreciation Week

*Weekly Devotional services take place at 9.30am on Tuesdays in the Chapel.*

*Below: Pavlova making time with Marilyn and Joan*





## PWC PRICING SURVEY TRACKING

ABH has been selected by the IHACPA (Independent Health and Aged Care Pricing Authority) as one of 120 aged care facilities nationally to participate in a Residential Aged Care Costing study. The study is being undertaken to better understand the cost of delivering aged care services. It involves the collection of data on the amount of time aged care staff spend with residents. A Pilot Costing Study in 2022 confirmed that the most effective way to capture time data is via electronic wearable beacons.



The IHACPA Project Team have visited ABH and the technology is currently in use by staff and residents for a thirty day period. All staff and consenting residents are asked to wear a small electronic beacon while on shift. The Bluetooth technology records the amount of time staff spend with residents. It does not record video, sound, or any personal information and is not specific to any particular staff member or resident. Staff devices are allocated by team, such as Lifestyle, Allied Health or Clinical, and staff members select any device to wear at the start of each shift.

Residents are asked to keep their beacon with them during the day. This can be in their walker, for example, or their room. The beacons also capture any overnight care provided.

The resulting data will inform residential aged care funding and underpin advice IHACPA provides to the government. By participating in the study, ABH has involvement in the process that will directly influence the pricing of aged care services and the refinement of the funding model. We will also have access to the data insights directly related to ABH.



Top: Lifestyle staff getting their devices. Above: Devices allocated to teams, and Jean taking her device on the bus.

## TAKE FIVE WITH KEVIN O'CONNOR

**Living here** – I first came here on respite but before I lived round the corner. Bethel Home Care looked after me, cleaning and so on.

**Reading** – I love reading, I've already read a book since coming here. I love mystery books. I get them from Ashfield Library.

**Listening** – I'm still a keen punter, I listen to the races and my nephew puts bets on for me of a Wednesday and Saturday. I'm not going too badly!

**Watching** – I like watching the rugby league, it's good now the games are back on. I go for the Tigers.

**Loving** – I loved playing lawn bowls, I played for about forty years. I like taking walks around the centre and visiting the café.



## FROM THE KITCHEN

We have lots of new team members working on behalf of ABH. Cater Care staff comprise nineteen people altogether, with between five and seven staff for daily operations. Staff are responsible for everything from meal preparation and cooking to all the catering services throughout the day. While there are lots of new team members, many of them have been working at ABH for more than two years. Our menus are updated quarterly but I often attend resident meetings and personally take on board any feedback or food requirements.

**Hendri – Chef Manager**



*Above: Some of the ABH Cater Care Team; Alicia, Cahtrin, Sari, Mahesh, Greg, Usha and Sina*

## ON THIS DAY...

**1 April 1984**

Marvin Gaye is shot dead by his father during an argument, the day before his 45th birthday.



**4 April 1923**

The Country Women's Association holds its first annual conference.

**5 April 1923**

New Zealand's greatest racehorse ever, Phar Lap is found dead.

**23 April 1788**

The first settlement is established at Parramatta.

**1 May 1891**

The first May Day marches in Australia are held in Barcaldine, Queensland, in support of a shearer's strike.

**3 May 1840**

New Zealand is declared a separate colony from New South Wales.

**3 May 1970**

Queen Elizabeth II opens the international airport terminal at Mascot.

**8 May 1926**

Natural Historian David Attenborough is born.





## Clinical CORNER

### Pharmacy update

ABH utilises the Webster-pak, the world's first multi dose medication adherence aid. Each blister pack is printed with the resident's name, date of birth and photograph plus medication and pharmacy details. ABH uses the single dose Webster packs.

The purpose of the system is to reduce consumer risk and improve system efficiency. Technological advances now allow the whole medication team to be connected to cloud based centralised medication profiles and seamless communication for easy upload and access. This means our resident medication charts are always current and accessible, minimising the risk of error.

The system was developed specifically for aged care homes, giving us confidence that all medications are prescribed in line with best practice and regulations.

Once a month, a pharmacist from the Metropolitan Pharmacy Services comes to ABH to conduct an audit of resident medications. Drug storage, safety, temperatures and expiry dates are rigorously checked across Bethel and AH Orr, which both continuously receive a clean bill of health.



*Aggie doing the rounds with the medication trolley.*

### Brunswick Quiet Time

We are trialling quiet time similar to hospitals in Brunswick between 1pm and 3pm to allow residents to have uninterrupted bed rest. This encourages a peaceful environment and assists staff with completing documentation. The trial is backed by findings from a clinical study\* on nursing interventions to improve inpatients' sleep, in both intensive and non-intensive care settings. The study found that environmental factors, such as light and noise, can cause sleep disturbance, and limiting these in addition to implementing quiet-time protocols can contribute to a more restful environment and better wellbeing for our residents.

### Lynton door locking

The trial in keeping the main door to Lynton unlocked to create a restraint free environment is continuing post the recent red lockdown. Residents can access the café courtyard and foyer and socialise with other residents, visitors or staff. Lynton resident movements are being closely monitored and both entrances to ABH remain locked unless manually opened by Reception.

*\*Effects of nursing interventions to improve inpatients' sleep in intensive and non-intensive care units, Journal of Clinical Nursing, Bellon, Beti-Abad et al.*

## Easter QUIZ

1. Judy Garland stars alongside which movie star in the Hollywood classic **Easter Parade**?
  - a. Fred Astaire
  - b. Gene Kelly
  - c. Dean Martin
2. What item does the White Rabbit in Lewis Carroll's **Alice in Wonderland** always carry?
  - a. A pack of cards
  - b. A pocket watch
  - c. A bar of chocolate
3. How tall was the tallest chocolate easter egg ever made?
  - a. 7.2 metres
  - b. 9.2 metres
  - c. 10.39 metres
4. In Switzerland, what creature traditionally brings Easter eggs for the children?
  - a. A blackbird
  - b. A cuckoo
  - c. A hummingbird
5. Which country refers to the Thursday before Easter as 'Green Thursday'?
  - a. Germany
  - b. France
  - c. Italy



Betty Walker celebrating her 100th birthday on March 7th, complete with her card from the King.

## Happy BIRTHDAY!

### April

April 2 . . . . . Derek C  
April 3 . . . . . Giuseppa S  
April 11 . . . . . Cosimo B  
April 18 . . . . . Monica M  
April 19 . . . . . Myra G  
April 24 . . . . . Christine S  
April 27 . . . . . Mario F

### May

May 2 . . . . . Judith T  
May 3 . . . . . Irene A  
May 4 . . . . . Maude C  
May 7 . . . . . Julie W  
May 8 . . . . . Joan B  
May 9 . . . . . Frances M  
May 12 . . . . . Helen B  
May 14 . . . . . Alan G  
May 25 . . . . . Malcolm A  
May 27 . . . . . Alice P

1 a) Fred Astaire. Gene Kelly was originally cast but he broke his ankle. Fred Astaire had retired two years earlier and was eager to work again. 2 b) A pocket watch. The White Rabbit was continually late. 3 c) 10.39m. The egg was displayed in an Italian shopping centre. 4 b) The Cuckoo is the country's symbol of growth and rebirth. 5 a) Germany. The popular name Gründonnerstag (Green Thursday) refers to the green vestments worn for mass before the thirteenth century.



## Say hello to...

### RESIDENT BETTY WALKER

*How long have you lived at ABH?*

Just over two years. I moved here around Christmas 2020.

*Where are you from?*

I was born in Lismore and was about six when we left. My mother was a widow and we moved all over the place due to the economics of the country. My mother had all the extra responsibility of us having no father, which she took very seriously. I enjoyed my childhood. We had bikes and we rode all over the place, out into the country and so on. Lots of simple pleasures.

I got my intermediate in Lismore and lived with my aunt there. She took me so I'd have an unbroken school year. I didn't do my leaving certificate, much to my mother and aunt's annoyance. I can be very stubborn! If I set my mind to something, I stand as steady as a rock. I refuse to take their point of view. But I was one of those children who didn't have a lot of confidence. I used to go to pieces when I had an exam.

*What was your job?*

My first job when I left school was working as a costing clerk for STC, Standard Telephones and Cables in Sydney. I was about eighteen. I had to keep an eye on the costs of jobs and make sure they didn't run over. They made wireless transmitters and receivers



*Above: Betty aged 6 months and Betty aged 100!*

as well as public address systems. During the war they did a lot of work for the Defence. I had a transfer to London as STC was a British company. I was in England for about four years, then I came back, partly because my mother was grumbling!

*Tell us about your family*

My mother was a very clever woman who could do anything. She had all the domestic things at her fingertips, she was very good with office work, brilliant really. I suppose we inherited a bit of that.

I was very close to my brother Lindsay who was three years younger than me. My mother couldn't work out how I managed to push him around in his tiny wicker pram, and he was a weight! He carried celluloid dolls with him and he always had the doll's leg in his mouth. His son Mac, my nephew, looks out for me here.

*What are some of your favourite holidays?*

I've had some wonderful holidays on the continent. My friend and I travelled on





*Above left: Lodge residents celebrating Betty's milestone.  
Above right: Betty aged 5.*

third class trains everywhere but we insisted on first class accommodation! I've been to France, Switzerland, Italy and Greece. I loved Greece the best, I've been five times. My friend only died recently but we had some good times. We had similar senses of humour. We got a lot of amusement from people watching. Once we were travelling and there was a fellow sitting beside her. He kept looking at her with his mouth wide open because she was so lovely. She wanted to change seats but I made her stay put!

I was outside Buckingham Palace the night Prince Charles was born. We were having dinner in London and it was announced that the birth was imminent. So we rushed straight to the palace!

#### *Best memory?*

I remember the harbour bridge being built. We would catch a tram down to the water's edge, cross the harbour in a ferry and catch the tram on the other side. I remember looking up and seeing the first cogs in place and watching the bridge grow every day. It felt like a small piece of excitement watching it being built.

#### *Best achievement?*

Reaching a hundred years old and getting cards from the King, the Prime Minister and the Governor General.

#### *How would you describe yourself?*

Stubborn. Content. Helpful. I don't envy people. Sometimes I'm outgoing and sometimes I'm introverted.



*Above: Betty in her STC days,  
and Betty and brother Lindsay.*



## Staff profile

### TENZING LAMA, RN, AH ORR

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

I was born in Boudha at Kathmandu, Nepal. Boudha is a holy Buddhist place where many tourists come. I grew up in India as I went to boarding school from Year Three, and I stayed until the end of my college days, just before I came to Australia. I would visit my hometown and family during the winter vacations for two months, otherwise I spent most of the time at boarding school with my friends.

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

I am the youngest one in the family and one of five siblings. I have my father plus three sisters and one brother. My two oldest sisters are in New York. My sister Tensu is here in Australia and we work at ABH together. My brother is back home in Nepal with his wife and kids and my dad. My brother looks after my dad's carpet factory business which exports to other

countries. My dad is 77 years old, now he is retired he looks after his grandkids at home. My mother passed away when I was just two and since then my dad has been looking after our family by himself. He is a very strong and hardworking single father raising his five kids. I got married in June 2022. My husband was my school mate in India. We met up in Australia after finishing school and college, then dated and decided to marry.

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

I started working at ABH as a member of the care staff in 2018 while I was studying my nursing degree. Today I am still working here as a registered nurse in AH Orr Lodge. I did my diploma course in nursing back home and came to Australia to pursue my bachelor's degree. I am looking forward to studying a Masters in nursing as well.



Left: Tenzing and her husband at their wedding. Right: With her sister Tensu (also at ABH), and her niece.





*Left: Tenzing and His Holiness the Dalai Lama. Right: With her brother, sister-in-law, nephew and father.*

### *Ideal holiday destination*

I would like to travel all around the world in the future for sure. For now, my planned holidays will be places nearby, like Bali and Bangkok.

### *What do you love doing*

I love swimming and watching movies. I like to cook sometimes and turn my music up loud, especially while I am doing homework.

### *What is something people would never guess about you?*

Most people do not know that I am Tibetan; my parents are originally from Tibet. I have a different culture and I follow Buddhist culture. I was born in Nepal since my parents migrated to Nepal from Tibet. Our spiritual leader of Tibet is His Holiness the 14th Dalai Lama, who won the Nobel Peace Prize in 1989. We choose to be nonviolent and peaceful in this world. He is based in India where I grew up, and he also migrated to India from Tibet in 1959 like my dad did.

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

I have already met his Holiness the Dalai Lama but I want to meet him again and attend his teachings, and continue learning Buddhism.

### *Life's biggest inspiration?*

My biggest inspiration will always be my dad. He has helped me a lot to become the daughter and woman I am today. He has encouraged and motivated me to keep going in life, not to give up, and live my own dream. He always advises me to be good to all, and if you cannot help others, do not harm them. And be kind always.



*Above: Tenzing with her father, December 2022.*



## Physio Team NEWS

April Falls Month is an annual campaign to raise awareness and educate about the impact of falls. The theme this year is **Better Balance for Fall Prevention**. Our goal to get active and improve balance for fall prevention.

Every bit of activity helps, but there are lots of other ways you can safeguard against falls prevention.

- Check your shoes, wear shoes with good rubber soles. Avoid loosely fitting slippers. Talk to one of our physios for footwear advice.
- Check your walking aid to make sure it's in good working condition. Are the brakes loose? Do the wheels turn freely?

The Physio Team runs a group exercise class every Monday and Thursday in the Activities Room which residents really enjoy. We do a mix of gentle to moderately intense seated activities. Research has proved that older adults who do more aerobic physical activity have a reduced risk of age-related loss of function and reduced risk of physical function limitations compared to the general aging population. Participation in physical activity and exercise can contribute to maintaining quality of life, health, and physical function and reducing falls.\*

For people aged 65 years and over, we recommend at least 30 minutes of moderate intensity physical activity on most, preferably all, days.\*\* However not all older adults tolerate this volume of exercise. Some people may also have

comorbidities that limit the volume/intensity they can attempt.

Cardiorespiratory activities, such as rowing with a pool noodle, strength (e.g. dumbbell exercises) and flexibility (e.g. stretches, active range of motion exercises) are recommended for maintenance of functional capacity and muscle mass.

Aging reduces hand eye coordination including reduction in reaction times, decreased accuracy in movement in limbs, decline in visual and proprioceptive feedback and reduced manual dexterity. Balloon and balls games are specific to this, and they are fun!\*\*\*

\*(Langhammer, Bergland and Rydwik, 2018)

\*\* (Cvecka et al., 2015)

\*\*\* (Guan & Wade, 2000)



Jenkin running a regular physio class with residents



## NATIONAL VOLUNTEER APPRECIATION WEEK

This May, we take the time to celebrate and appreciate our beloved volunteers for the gift of their time and skill. National Volunteer Appreciation week is from 15th to 21st May and is Australia's largest Annual celebration of volunteering.

Volunteers at ABH bring us joy, the gift of presence and lots of cheer- supporting our residents to engage in that which gives them meaning.

### Meet Tia & Rosina

My name is Tia Filipo Sefo born and raised in Western Samoa. I moved to New Zealand with my siblings and my mum in 1976 after I finished school. In 1981, I came to Australia where I met my wife and we got married in 1982. At 64, I love the outdoors, especially fishing and sports.

I am Rosina Sefo born in Lower Hutt Wellington in New Zealand. I am from a Samoan cultural background. At 61, my husband would describe me as quiet, hospitable, and family oriented-easy going.

We have raised 5 children; 4 boys and 1 girl. Our children are all married, and we are proud grandparents to 15 grandchildren. We were Ordained as Pastors in 2002 in Hawaii, and in 2012 we founded our ministry as Pastor's known as FAITH HOPE AND LOVE IN CHRIST in Western Samoa. We have been a part of Earlwood Baptist

Church since 2022. ABH IS A DREAM COME TRUE! We thank God for the opportunity, and we feel like ABH is our family. We enjoy our visits to ABH where we spend time spreading Faith, Hope and Love through singing and in-house Church services.

Kindly reach out to Ruth, our Chaplain, if you would like to appreciate our volunteers in some way or you're passionate about people and can afford some time each week to join our team.



Church since 2022. ABH IS A DREAM COME TRUE! We thank God for the opportunity, and we feel like ABH is our family. We enjoy our visits to ABH where we spend time spreading Faith, Hope and Love through singing and in-house Church services.

We enjoy our lives knowing we are serving GOD joyfully!





## Easter Reflections

Easter is recorded as the most important festival in the Christian calendar. Christians celebrate Jesus rising from the dead, three days after he was crucified.

As you celebrate this Easter, why not consider including an Easter prayer to your favourite traditions.

### A Resurrection Prayer – Kathy Galloway

*Christ our life,  
You are alive - in the beauty  
of the earth, in the rhythm  
of the seasons, in the  
mystery of time and space  
Alleluia*

*Christ our life,  
You are alive - in the  
tenderness of touch in the  
heartbeat of intimacy in the  
insights of solitude  
Alleluia*

*Christ our life,  
You are alive - in the  
creative possibility  
of the dullest conversation  
of the dreariest task  
the most threatening event  
Alleluia*

*Christ our life,  
You are alive - to offer  
re-creation to every  
unhealed hurt, to every  
deadened place, to every  
damaged heart  
Alleluia.*

*You set before us a great  
choice. Therefore we  
choose life. The dance of  
resurrection soars and  
surges through the whole  
creation, This is grace,  
dying we live.  
So let us live.*

Wishing all residents,  
families and staff a  
peaceful and happy Easter.

**Ruth Njogah, Chaplain**



Top: All set for Palm Sunday mass.  
Above: Easter good wishes from the  
St. Fiacre's Children's Choir. Below:  
Lorenza with her Easter treats.

### 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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