



# The Heartbeat

The service we provide is continuous and ever changing, depending on the care profile of our residents. The pandemic highlighted our ability to come together as a strong, united team. In aged care, we are not wholly out of the woods, though, continually managing rapid antigen testing, Covid outbreaks and a recent flu outbreak as well as the evolving care needs of our residents. Sometimes it's easy to lose sight of our staff as individual people, managing hugely varying lives and financial challenges, and the pressures that they bring. In recognition of the value and importance of the simple act of kindness, we have launched a monthly 'Be Kind' Day on the last Wednesday of each month. All staff will wear this t-shirt to remind us that small moments can have a huge impact on the wellbeing and happiness of everyone we encounter.

As we head into winter we've been lucky to have some beautiful, if chilly weather. Our bus excursions have taken some of our lucky residents to many new places, including the harbour and Maroubra Beach. Less mobile residents still enjoy the views and the salty air, as well as coffee and morning tea. Tips from our physio team on how to stay mobile and active moving into the cooler months are inside.

## Leigh

*Top: Ana and Sally demonstrating our new Be Kind t-shirts.*

*Bottom: Some lucky residents enjoying a recent trip to the harbour.*



## Coming up...

### June

#### Armchair travel to Portugal

**6th** - Ron Ashton Entertainment

**12th** - King's Birthday

**22nd** - Residents Meeting

**28th** - ABH Be Kind Day (monthly)

### July

#### Armchair travel to France

**26th** - ABH Be Kind Day

*Daily lifestyle activities include exercise, arts and crafts, bus outings, bingo, table tennis, singalongs, bowls, reminiscence, newspapers & reading, visiting chickens, movies, board games and more!*



*Above: It's neck and neck in the highly competitive dominoes championships.*



## DID YOU KNOW?

It's not just the kindness giver and receiver who benefits. According to research by the Random Acts of Kindness Foundation, witnessing acts of kindness produces oxytocin – otherwise known as the 'love hormone', which has been proved to lower blood pressure and improve heart health as well as increasing self-esteem and optimism. Studies have demonstrated an increase in energy by the kindness giver, and the stimulation of serotonin, a feel-good chemical that heals wounds, calms you down and makes you happy!



## NEW CAFÉ HOURS MON – SAT

Our café is now open six days a week. Eva manages the menu on Mondays and Tuesdays, while Romit has come on board from Wednesday to Saturday. Look out for his special dumplings! The ABH community is enjoying having coffees and snacks more readily available. Please let the team know if you have any special requests or queries.



Left: Romit. Right: Italian Ladies Coffee Club.

## TAKE FIVE WITH EILEEN HARDMAN



**Living here** – 13 years. I came the year I turned 60.

**Reading** – I've got a stack of books I should be reading! I like political biographies. My favourite writer would be Don Watson, who wrote Paul Keating's Recollections of a Bleeding Heart. And I'm looking forward to reading Sam Neill's new memoir.

**Listening** – I listen to all sorts of things at random. When I feel like listening to something I find it on YouTube.

**Watching** – I really love BritBox with all the British drama.

**Loving** – I love going out and having a good time. I don't miss an opportunity. On Saturday I'm going to the Belvoir Theatre with my group, to see a show I've seen before which was terrific, called At What Cost.





## Winter QUIZ

- How many sports are in the winter Olympics?
  - 10
  - 16
  - 21
  - 25
- What type of fruit is a winter banana?
  - A banana
  - An apple
  - A pear
  - A grapefruit
- What is the coldest temperature ever recorded in Australia?
  - 6°C
  - 11°C
  - 19°C
  - 23°C
- Which country has the city dubbed 'snowiest in the world'?
  - Japan
  - Russia
  - Canada
  - Norway

5. Can you name these global cities during their winter?



1b) They are alpine skiing, biathlon, bobsleigh, cross country skiing, curling, figure skating, freestyle skiing, ice hockey, luge, Nordic combined, short track and speed skating, skeleton, ski mountaineering and snowboarding. 2b) An apple. The Winter Banana apple actually smells and tastes just as much like a banana as a traditional apple. 3d) The lowest minimum temperature ever recorded in Australia was -23.0°C (-9.4°F) at Charlotte Pass in the Snowy Mountains on 29 June 1994. 4a) the Japanese city of Aomori on Honshu Island has an average snowfall of 26 feet. 5a) Melbourne b) Stockholm, Sweden c) Lisbon, Portugal d) Paris, France e) New York f) Kathmandu, Nepal.



Care Staff  
member Tenzing

## Clinical CORNER

### Audiologist checks

We held our first Clinic with Hearing Australia in May. All consenting residents had their hearing tested. This is a free service offered by the Government for residents who hold Pensioner of DVA cards. Non-Pensioners/Self-Funded residents were able to attend the free clinic but incur a fee of \$99 should they require progression to an Audiologist Visit.

The audiologist followed up on 19th May with next steps for those residents who require further assistance with their hearing. We will keep families advised of further clinics.



### Brunswick open door trial

Following the success and ongoing implementation of the door opening to Lynton we will be trialling keeping both doors to Brunswick unlocked to promote and encourage a restraint free environment. The trial will commence on May 29th for four weeks, with a three-week review. All Brunswick families have been individually contacted.

### Care Staff Update

The Fair Work Commission Annual Wage Review Decision agreed increase of 15% on the current Award rates will be applied from 30 June 2023 to all staff in the categories listed below. The increase is being supported by the Federal Government in the May budget.

- Nurse Practitioners including Registered Nurses, Enrolled Nurses, Assistants in Nursing
- Team Leaders
- Personal Care Workers
- Home Care employees
- Recreational Activities Officers/Lifestyle Officers

Many of our care staff are currently on Enterprise agreements and are paid above Award rates. We have held staff forums to discuss example wage increases so all staff are fully aware of their anticipated wage increases post July 1st.

In addition to the above award increase, the Government has paid a \$3,000 lump sum to RNs in May.

We have been working hard to increase our RN hours to meet the new 24/7 requirement post 1 July 2023 and we have already reached this hurdle, in conjunction with employing several new clinical staff and offering additional hours to existing staff.



### Caring for your loved one

*Q: If I have an immediate query about something while I'm visiting my loved one, who should I talk to?*

A: Please speak to the RN on duty (not the care staff) or the Clinical Care Manager; Huan – Bethel Lodge, Renee – AH Orr, Executive – Juliet.

They will be able to record and act on your request.

*Q: What should I do if I want a lengthier discussion about my loved one's changing care needs?*

A: Please book a Care Conference request via our website. These can be booked as needed, however we recommend all residents have Care Conferences at least annually.

[abh.org.au/contact/#book-a-care](http://abh.org.au/contact/#book-a-care)



## THE ASHFIELD BAPTIST HOMES COMMUNITY MAP

We have made our giant world map a permanent fixture on the outside wall of the Chapel. In ongoing recognition of National Reconciliation Week (27 May – 3 June) we invite staff and residents to drop a pin in their country of birth, coloured differently for both. We would love to see the visual representation of the myriad diverse cultures that live and work at ABH.



## ON THIS DAY...

**4 June 1924**

The first human voice was successfully transmitted from London to Australia.

**5 June 1968**

Robert F Kennedy is shot and killed in Los Angeles.

**20 June 1967**

Australian Actor Nicole Kidman was born in Honolulu. She shares a birthday with Errol Flynn, born in 1909.

**28 June 1577**

Flemish painter and diplomat Peter Paul Rubens was born.

**8 July 1963**

Margaret Court is the first Australian to win the Women's Singles at Wimbledon.



**19 July 1987**

The final episode of Countdown is broadcast on the ABC.

**31 July 1858**

The first game of Aussie Rules football is played between Melbourne Grammar and Scotch College.





## From the KITCHEN

We make many texture modified meals in-house daily, so all residents can still enjoy many of the same menu items as the standard menus. We try and be creative with the ways we present the food, as this is such a large factor at mealtimes. All our meat and vegetables are fortified. Vegetables are combination of at least three varieties.

After four years working at ABH, I am moving to another role within Cater Care and will be leaving by the end of this month. It was a hard decision to make because I really enjoy and love working here. We have a wonderful and strong team which I am really proud of and grateful for.

I would like to introduce Chris West to our team as the new Chef Manager for our kitchen. I know you will all support him, and he is looking forward to getting to know all the residents and staff.

**Hendri – Outgoing Chef Manager**



*Top: New Chef Manager Chris West (at rear) with the team.*

*Above: Examples of our texture modified vegetables.*

## PHYSIO TEAM NEWS

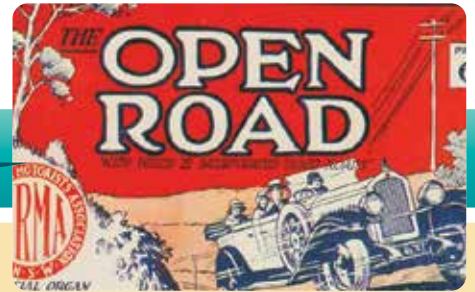
**It's Winter!** The colder weather means that people already suffering with arthritis and other joint problems can experience extended periods of pain and discomfort. Muscle stiffness, fatigue and joint pain can have a direct impact on their mobility, which increases the risk of falls.

How can physiotherapy help? To remain active! There are several ways that less mobile residents can stay active.

- Stretching / Chair Yoga – stretching is an excellent way to maintain good blood flow and improve flexibility of your joints' range of motion.\*
- Stationary bike – this is a great way to reduce stiffness in the knee joint and strengthen your quadriceps muscles. \*\*
- Seated exercises – marching on the spot, heel and toes raises, punching forwards and upwards.



*Top: Alan working out while watching TV. Above: Judith and Terry doing pedal exercises.*



## The Way We Were – 1927

In its August 1927 edition, NRMA's *Open Road* magazine ran a helpful article about the use of hand signals at intersections due to the 'astonishing lack of knowledge on the part of many drivers regarding the elementary road rules.' *Open Road* explained:

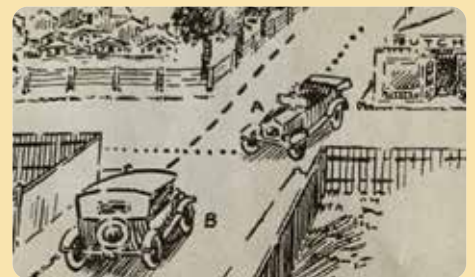
'There are three traffic signals only that are compulsory – 'stop', 'turn right' and 'come on'. Contrary to much belief, there is no obligatory signal for turning left. Frequently the right turn is given [instead], often with disastrous results. If one feels urged to give a left signal, let his passenger at his side put his left arm out horizontally. No harm can occur and it may help the man behind.'

The right of way rule was a simple memory lesson:

'The man on the right has right of way. Of course, the man already in the intersection has the road over the man just about to enter, whoever is on the right.'

Despite these 'simple' rules some were left confused. *Open Road* reported that one motorist was asked in court if he knew the rule of the road at intersections. He replied, 'Of course I do. You blow your horn loudly to warn the other fellow, then go right ahead.'

*Reproduced with permission from NRMA Open Road.*



As temperatures drop, we also see an increase in breathing problems in the elderly, which can include asthma, chronic obstructive pulmonary diseases, pneumonia, bronchitis and flu symptoms. \*\*\*

Deep breathing exercises, or Active Cycle Breathing Therapy (ACBT) can help to loosen and move the sputum from your airways and improve lung function.



Above: Angela showing Kevin his stretching exercises.

### The Physio Team

\* (Muanjai, P., & Namsawang, J., 2015)

\*\* (Oliveira, A.M.I.D., Peccin, M.S., Silva, K.N.G.D., Teixeira, L.E.P.D.P., & Trevisani, V.F.M, 2012).)

\*\*\* (Hajat, S., Bird, W., & Haines, A., 2004).





## Say hello to...

### RESIDENT TERRY FAWL

*How long have you lived at ABH?*  
I moved here in August 2022.

*Where are you from?*

My father John was born in County Galway, Ireland. He met and married my mother here, Mary Ryan, also of Irish background. I was the youngest of five children and we lived in Concord. Me and my sister, Kathleen, who is two years older than me, are the surviving children.

*Where did you go to school?*

I attended St. Patricks College, Strathfield with my two brothers, John and Frank. I was also an altar boy at St Mary's Concord, where Darleen and I got married. One day at Sunday Mass instead of swinging the incense to and fro, my mate Mick and I decided to swing them in a full circle. We both got into big trouble after that incident. I was an acolyte at St. Patricks Church, Mortlake, for some years too.

*What sort of work did you do?*

When I left school, I gained an apprenticeship with the railways and became an electrician. My first car was a DeSoto. Then I moved to work at the Department of Civil Aviation based at Sydney Airport. I travelled a lot to country areas with the installations group and was stationed at Narromine and Dubbo districts and airports. I was



*Left: Terry and Darleen on their wedding day.*



*Top right: with Margie. Bottom right: with Matt.*



also involved in air and sea rescue for some years too. After getting married, I decided to study and gained my electrical engineering certificate at Sydney tech, which furthered my career within the department. I also did my national service in the air force and was stationed at Wagga.

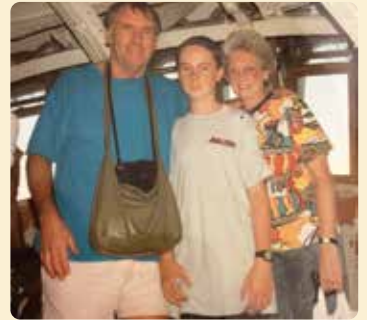
*Tell us about your family.*

I met my wife, Darleen, at a dance and we married in 1971. We have now been married for over 51 years. We had two children, Margaret (Margie) and Matthew. We lost our son tragically 12 years ago at the age of 35. For many years I was very involved in the disability area because of our daughter, Margie. She gives me much joy and I love her visits here to see me.

*Where did you live?*

Darleen and I bought our home at Cabarita in 1971 and lived there for over 47 years with our family until we moved to Cardinal Freeman village. We made many friends in Cabarita and still keep in touch with them.





*From left: St Marys Concord Altar Boy; Terry in the centre with siblings Frank and Kathleen; holding Margie and Matthew; inside the Statue of Liberty with Matthew and Darleen.*

### *What do you love doing?*

I've always followed Wests Tigers and have hopes of them reaching the top again. And I've always enjoyed a beer or two. I am a lifelong member of the Labour party and have worked on many campaigns over the years.

I enjoyed the Irish dances at St Benedict's Broadway. In my younger years I played rugby league and was a front row forward with Wests Concord. I surfed and rode my Harley Davidson motor bike up to Queensland many times with my good mate Mick, and I remember my mother wasn't too happy about that. There were no helmets or other safety gear in those days. But I enjoyed the freedom of riding. I also cycled both on track and long distance. I enjoyed tennis and running but then I started chasing Darleen and I won that race – and thank God for that.

### *What are some of your favourite holidays?*

We have travelled a lot including to China, Hong Kong, Fiji, Hawaii, Thailand, New Zealand and many places in Australia, as well as enjoying a few cruises too. A memorable trip was to Ireland and England where I met many relatives who I had heard so much about over the years. Our family holidayed a lot at Fingal Bay, Port Stephens. But my most memorable holiday was an outback camping trip with my son.

### *How would you describe yourself?*

My wife reckoned I was tall and handsome, with cheeky green Irish eyes. I like to think of myself as hardworking with a strong work ethic, a loyal friend but, most importantly, a good husband and father. When I think back on my life now and how I have managed my 87 years, these thoughts keep me content.

*Below from left: Stonehenge; Fingal Bay; the Fiji CAA bus; on the way to Connemara.*





## Staff profile

### LOC NGUYEN, CARER

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

I grew up in Vietnam at Sai Gon. Many tourists enjoy Vietnamese cuisine because of its fresh and flavorful ingredients. Trying the diverse range of Vietnamese food is certainly a delicious way to learn about the culture firsthand. Restaurants never close before midnight, which is 24/7 cuisine whenever you want.

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

I grew up living with my mom and my sister. My dad was sick, so he spent almost all his time living with my grandma, and he passed away when I turned 12. My sister is married, and she has two boys and a girl. The oldest one, Daniel, is living with me in Sydney.

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

I started work here in August last year. ABH is a diverse background that I can

learn a lot of things from. Also, I love experiencing the difference between generations here. The staff around my mom's age all treat me well. They always look after me and offer me food all the time. They taught me a lot of things to help me improve my skills and confidence at work. I also have workmates who have become friends which has made my job easier in this challenging work environment. I feel lucky to work with these friends every day.

#### *Ideal holiday destination*

I do not have a specific place in my mind to visit. But as a son who lives far away from home, the first place that comes to mind is always my family. I might be an independent person, but sometimes I need my mom to care for me as no one else can.



Left: Loc's family farewelling him at the airport. Right: Loc in the centre with his uncle, cousin, nephew Daniel and partner Tyler in Sydney.





Above: Loc on a hiking trip with friends.

### *What do you most love doing?*

I love to do many things in my life. I love to see my family happy and healthy. I also want to read books, explore and take care of people around me.

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

I know how to cook some traditional foods, love to look after plants and I am in my 30's - no one can guess my real age.

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

I would love to meet myself 20 years ago. I would say that you do not need to worry. You can achieve everything you want and become the person who you want to be.

### *Life's biggest inspiration?*

My mom always tells me to give more and get more. Never be in doubt about your kindness, you might not get back as much as you expect but at least you feel right in your soul.

## Happy BIRTHDAY!

### June

June 2 ..... John K  
June 3 ..... Peter R  
June 4 ..... Nancy D  
June 5 ..... Lyn M  
June 7 ..... Shirley R  
June 9 ..... Les B  
June 11 ..... Tony C  
June 13 ..... Bonnie M  
June 15 ..... Val F  
June 16 ..... Margo A  
June 17 ..... Antonia K

### July

July 2 ..... Uriel B  
July 8 ..... Frank J  
July 10 ..... Helen H  
July 12 ..... Jenny G  
July 13 ..... Angela B  
July 18 ..... Ana H  
July 26 ..... Peter K  
July 26 ..... Chrisoula B  
July 30 ..... Violet G

Below: Fr Kien conducting recent one-on-one pastoral visits.



## *Reflections* **HE GIVETH HIS BELOVED SLEEP**

*by Andrew Barton 'Banjo' Paterson*

The long day passes with its load of sorrow:  
In slumber deep

I lay me down to rest until tomorrow --

Thank God for sleep.

Thank God for all respite from weary toiling,  
From cares that creep

Across our lives like evil shadows, spoiling  
God's kindly sleep.

We plough and sow, and, as the hours grow later,  
We strive to reap,  
And build our barns, and hope to build them greater  
Before we sleep.

What will it profit that with tears or laughter  
Our watch we keep?

Beyond it all there lies the Great Hereafter!

Thank God for sleep!

For, at the last, beseeching Christ to save us

We turn with deep

Heartfelt thanksgiving unto God, who gave us  
The Gift of Sleep.

*We are invited through Scripture to find our own  
rest or sleep: **Matthew 11:28-30***

**"Come to me, all you who are weary  
and burdened, and I will give you rest."**

**Ruth Njogah, Chaplain**

## *Services*

### **1st Tuesday June & July**

Catholic Mass with  
St. Vincent's Ashfield  
@ 9:30am

### **2nd Wednesday June**

Communion &  
Devotional Service with  
Earlwood Baptist Church  
@ 9:30am

### **3rd Tuesday June**

Communion &  
Devotional Service with  
Ashfield Baptist Church  
@ 11am

### **2nd Thursday @ 11am**

Greek Orthodox Service  
with Burwood Parish

### **Sunday Services @ 9:30am**

**23rd June** Reminiscing  
through poetry

### **3rd Tuesday July**

Catholic Mass with  
St. Brigid's Marrickville  
@ 9:30am

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

## **Bethel Home Care**

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**W:** [www.abh.org.au/bethel-home-care](http://www.abh.org.au/bethel-home-care)

**F:** [www.facebook.com/ashfieldbh](https://www.facebook.com/ashfieldbh)

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