

August/September 2023



Ashfield  
Baptist Homes  
*Caring for life*

# The Heartbeat

We are grateful to be Covid-free at time of writing and welcoming all booked visits and excursions for residents subject to a risk assessment.

Managing each outbreak continues to add enormous costs to the running of our business. Last month I wrote to the Prime Minister and federal government minister expressing our concern at the delay in Covid grant payments, which was almost one million dollars. The ABC picked up our story and we assisted them with information concerning the grant structures, application dates and outstanding monies owed as well as a broader piece connecting them with other provider groups including Catholic Health Care and our peak industry body, Aged & Community Care Providers Association.

The news reports ran on television and online, highlighting the giant gap of payments to date running to \$0.5b and the federal government's slow response to understand we are continuing to manage costly outbreaks in aged care with no end in sight. Each time a resident or staff member tests positive to Covid, we go into outbreak mode.

Covid or no Covid, we continue to welcome new residents into our care. Morag and her team are continually thinking of novel and engaging activities for all – last Friday was Cowboy/girl Day, featuring some boot scootin' action, fabulous dress ups and 70s disco moves.

**Leigh**



## Coming up...

### August

#### Armchair travel to Indonesia



**7th** - Aged Care Employee Day

**14th** - Mike Valentine Entertainer

**18th** - Pizza Night

**22nd** - Residents Meeting

**23rd** - Be Kind Day

### September

#### Armchair travel to Malta



**3rd** - Fathers' Day

**12th** - Fiona Maria Entertainer

**26th** - Residents Meeting

**27th** - Be Kind Day

*Below: David enjoying some personally decorated pav*





## From the kitchen



The catering staff had a great time during Naidoc Week talking about indigenous ways and how times have changed. Staff learned about eucalyptus, smoking cultures, food, leaves and cleansing culture. Chef Manager Chris collected some wild-grown lemon myrtle from the Woronora (Blackrock) area where he lives and used it to flavour the Aboriginal flag cake.

He showed staff how to extract the flavour by softening the myrtle. Staff made their own black food colouring using red, yellow and blue. Residents loved also celebrating with the flag cake in true colour and form. It was a real treat for the staff on the floor and most importantly the residents.

**Chris – Chef Manager**

*Top: Chris and the team about to serve home baked indigenous cakes to residents*

*Mary going hard on the maple syrup homemade pancakes!*



## TAKE FIVE WITH JOYCE CLARKE

**Living here –**  
Since October last year.

**Reading –** I can't read much anymore but I used to love all the classics. Anne of Green Gables was my favourite.

**Watching –** The TV is more background noise for me at night, but I do enjoy quiz shows.

**Loving –** My family. My grandson is very loveable, all he wants to do is sit on my lap and have a cuddle.

**Wearing –** People are always asking me about my clothes. I worked in fashion and jewellery retail for years.







## SHE'LL BE APPLES

**Did you know the Granny Smith apple began in Marsfield back in 1868?**

Maria Anne Smith arrived in the colony from England with her husband Thomas and children in 1839. They took up a small plot of land in the Eastwood area. Maria 'Granny' Smith would take produce from her home-grown orchard by horse and cart to sell in the city. One day a stall holder gave her Tasmanian French crab apples to try. She was impressed with their flavour and planted seeds outside her kitchen, but only one germinated. By a freak of nature the tree was cross pollinated with a Cleopatra apple. Seven years later the tree fruited, and Granny Smith realised she'd accidentally produced a very fine variety.

The Smith family began marketing the apple and it was shown as Smith's Seedling at the 1890 Castle Hill Agricultural and Horticultural Show, twenty years after Granny Smith passed

away. It was officially named Granny Smith's Seedling in 1895 by Albert Benson, Fruit Expert for the NSW Department of Agriculture. By the middle of the 1900s it was extensively cultivated and marketed worldwide. Today the Granny Smith is the main variety of apple grown in Australia and has achieved worldwide popularity as a dual-purpose apple, good for eating and cooking.

Granny Smith died in 1870. A memorial park today sits on the original orchard site in Marsfield. Her last direct descendant, great grand-daughter Edna Spurway, lived to 101 years, happy to credit her longevity to love for the apples.

To celebrate Granny Smith harvesting season, our chef Chris made a special River Cottage apple pie for afternoon tea, and even served it personally.



*Above: Head Chef Chris West serving his Granny Smith delight from the River Cottage recipes.*



# Story of my life

## RESIDENT EDNA GOODWIN...

### 103 YEARS YOUNG

I was born in New South Wales on **31st October 1920**, the third of seven children to my parents Chesterton and Alice Pilcher. My mother developed septicaemia when I was born so I lived with my grandparents at Narrabeen in a subdivision of the Green Hills Estate. They couldn't work out what to feed me so ended up giving me condensed milk. It didn't do me any harm; I still have all my teeth! My Granny was born in the mid-1800s and had a lot of interesting ways. When there was a thunderstorm, we had to cover all the mirrors and remove cutlery from the table to avoid attracting lightening.

Some of my earliest memories are of visiting Aunty Bess and Aunty Mary in South Strathfield. I was about four years old. We would walk from home in

Narrabeen to Powderworks Road, catch a tram to Manly and get the ferry to Circular Quay, then take the train on to Strathfield and a bus to South Strathfield.

**During the Depression** it was hard for people to find money for meat. My father had a butcher's shop. He gave people credit but eventually the shop had to close. My Uncle Will gave my father and Uncle Geoffrey jobs as a driver and bus conductor, but he never paid them fairly. They got their own back by collecting used bus ticket stubs, taking them home to iron and then re-selling them the next day, pocketing the money.

We didn't really go on holidays because we didn't have much money, but we used to visit my aunts and cousins in Port Macquarie which was good fun. They had a dairy farm and an oyster



*From left: Edna in her twenties; with Alf on their wedding day; with her Grandmother; and a family picnic at Narrabeen's Irrawong Waterfall.*





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farm, and we would all go up and help them. We had a big family up there, it's where my grandfather settled when he came here. He was a sea-faring captain.

I went to Burwood Domestic High School, and then on to Business College, but there weren't any jobs around.

My Auntie Bess organised a job with Bill Bradshaw, who had a shoe shop in Ashfield. I worked for Bill and Dulcie Bradshaw until I married.

**I met Alfred Harrison Goodwin** at St. Thomas's Church in Enfield when I was sixteen. Alf was in the choir, and I helped at Sunday School for years. I would make jam and pickles for the yearly fetes and Auntie Bess and I would regularly decorate the church with fresh flowers. After the war when we were married, we had our daughters Margaret and Lynette. I enjoyed taking Lyn to Scottish dances with friends at Petersham Town Hall. I used to love the Scottish music of Jimmy Shand and his Band.

**At Christmas** I cooked Christmas puddings for friends and relatives. I always sent one to my sister Winnie in Bega. After I had added the glass of spirits, everyone would have a stir and make a wish before

licking the basin clean. We used our laundry copper to cook all the puddings at once by wrapping them in calico pudding cloths and then dropping them into the boiling water.

**In 1964 Alf and I built a house in South Strathfield** next door to Auntie Bess. Alf's mother couldn't understand why we wanted an inside toilet and large picture windows. Alf worked as a Commercial Traveller (a sales rep today) for D & W Murrays. One of his regions was Illawarra. In the summer I would pack a lunch and he would drop the girls and I at the beach for the day, then pick us up on the way home. When I was in my forties Alf decided I should get my driving license, which I held until I turned 92. We built an annex for Alf's father after his mother passed away, but tragically Alf died aged 57 of a brain haemorrhage and his father soon afterwards.

When my sister Winnie became ill with lymphoma in 1998, I went to visit her in Bega with my sister Shirley and brother Chester. This was my very first plane trip. I've only flown one other time, to Port Macquarie for Chester's funeral.

*[Continued next page...]*

*Below left: Edna with her father and four siblings. Centre: With Alf's family; Below right: Xavier visiting Great Gran*





## Clinical CORNER

All over-the-counter medication brought in from outside the care home must have a pharmacy label so that it can be administered by our staff. ABH can only record and monitor medication, including supplements, through our Medical Admin software. Over-the-counter medications such as Panadol cannot be administered if they are not patient specific and detailing full clinical information including dosage and patient details.

### Story of my life

*[... continued from previous page.]*

**I love flowers and animals.** I enjoyed looking out of my picture windows at my house, watching the native birds come and go, using the birdbath under the grevilleas. These days I like to have the television on during the day, I like quiz shows and horse racing.

Now that I am settled at ABH I am enjoying visits from family and friends again. Being able to make and receive phone calls keeps me in contact with those far away or less mobile like me. My granddaughter Belinda brings her Labrador dog Bronte to visit me here and I keep chew sticks as a treat just for her. Bronte loves to visit and used to stay with me for holidays. Belinda lives in Collaroy where my aunty used to live.

I don't really miss anything that's not available anymore, I just accept life as it comes. I am very fortunate to be a mother of two, grandmother of five and great grandmother of seven children. My family are everything to me.



Top: Lyn and Margaret celebrating Edna's 100th.  
Above: with Belinda and family at Collaroy Beach.



Tony enjoying getting his hands dirty planting seedlings





# Physio Team News

## Living with Parkinson's Disease

At ABH we care for some residents who have Parkinson's disease. This is a degenerative brain condition characterized by motor symptoms like slow movement, tremors, rigidity, walking difficulties, and imbalance. It also involves non-motor complications such as cognitive impairment, mental health disorders, sleep disorders, pain, and sensory disturbances.

Physiotherapy can make a big difference in helping people with this condition.

**Between 45% and 68% of people with Parkinson's Disease will fall each year.**

Motor symptoms including slow movement, tremors, rigidity, walking difficulties, and imbalance. Freezing of gait – the inability to initiate movement, particularly in the later stages of the disease, also significantly raises the risk of falls. Orthostatic hypotension, a sudden drop in blood pressure upon standing, can cause dizziness and light-headedness. Other factors including medication side effects, cognitive and visuospatial ( visual perception of

the spatial relationships of objects) impairment all contribute to a falls risk.

## How can Physiotherapists help?

- **Exercise programs:**  
Designing tailored programs addressing the specific needs of individuals with PD. These programs often focus on improving strength, flexibility, and coordination, targeting areas affected by motor symptoms.
- **Gait and balance retraining:**  
Working with individuals to improve gait patterns and balance control through targeted exercises. Which could involve interesting tools like a metronome or a laser cane used to prompt bigger steps.
- **Education and self-management:**  
Providing education and guidance on PD-related topics such as posture, energy conservation, and strategies to manage motor symptoms. And more!

**Angela and Jenkin**  
**ABH Physio Team**



*Left: Example of a laser cane to prompt bigger steps.*



## People & Culture

At ABH, we take pride in supporting our staff on their journey of continuous improvement and progression throughout their careers. Many of our staff have trained and qualified as Registered Nurses whilst working as part of our care staff. We employ 26 RNs across the whole facility. This also supports the new government mandate to have RNs on site 24 hours a day.

Staff are supported by different forms of training based on learning needs. All staff are encouraged to immerse themselves in the various educational opportunities at Ashfield Baptist Homes such as Stomal Therapy Presentations from the Sydney Local Health District, Mental Health Awareness Workshops, Senior Rights Services Workshops and more.

### Congratulations to:



#### **Barsha C**

Newly qualified RN  
(now working in AH Orr)



#### **Sarita P**

Newly qualified RN  
(now working in AH Orr)



#### **Arju K**

Transitioned from Care staff  
to Finance Team



#### **Ivette M, HR**

Our HR Coordinator became a permanent resident this week. Ivette came to Australia in 2009 from Colombia, South America and learned English from scratch before doing a Diploma in Business and Bachelor of Business (accounting). She's currently planning on doing a Masters in HR.

### **New Starters**

A warm welcome to all our new frontline / clinical staff who became part of the ABH Family during the months of June and July:

#### **Residential Care Staff**

Jeevan C  
Nameera Z  
Manzisa K  
Prativa T  
Rashika B  
Sajana S  
Santos K  
Sharon S  
Shikha K

#### **Home Care Staff**

Sujata R





**Latisha T**  
**Learning & Development**  
**and HR Coordinator**

Latisha has recently commenced in this newly created dual role. She has a background in Learning and Development and has a passion for blended learning. This role is an

amalgamation of learning and development (online and face to face), compliance, and underpinned by people and culture. Latisha's dual role will encompass:

*Learning and Development*

- ABH mandatory training and compliance including competency checks and annual competency assessments
- Seeking input from staff about areas of interest in line with professional development
- Group and individual training requirements
- Managing training registers and associated reporting
- Bringing the Learning and Development space to life via various touchpoints (watch this space for more information in the coming months)

*People and Culture*

- Supporting our people and culture team with tasks such as compliance checking
- Overseeing our volunteer and student compliance checking processes

At ABH, we strive to manage compliance by engaging our people, and we have no doubt that Latisha will be sharing ideas in line with building on our current framework to integrate systems and process enhancements.

## ON THIS DAY...

### 1 August 1944

Anne Frank penned her last diary entry. "[I] keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world."

### 9 August 1968

Actor Eric Bana is born.



### 27 August 1908

Don Bradman is born.

### 4 September 2006

Steve Irwin, the Crocodile Hunter, dies after being stung by a stingray.

### 16 September 1804

The first brewery in Australia starts making beer.

### 19 September 2003

Construction of the Alice Springs to Darwin rail link is completed.

### 27 September 1932

Maude Bonney becomes the first woman to fly around Australia.



## Staff profile

### ARJU KC, FINANCE OFFICER

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

I grew up in the city of Pokhara, Nepal which is surrounded by majestic mountains and is home to beautiful lakes and forests. Our family is Hindu, but I went to St. Marys Catholic girls' school in Pokhara. My mum tells me I was a mischievous child and she jokes she is relieved that I turned out fine.

#### *What inspired you to work in aged care?*

I came to Australia in June 2019. My cousins here are RNs and they encouraged me to take a job as a carer. The job fitted in with my studies and helped me to grow personally. I gained many valuable lessons from the residents.

#### *Tell us about your family*

My family has always been a source of love, support, and inspiration for me. My parents are here visiting me right now, and my brother is pursuing his studies in IT engineering in Canada. We always

argue about which is a better country, Australia or Canada.

My dad is ex-army. He taught me discipline, resilience, hard work and to cherish every moment in life. My mum is a housewife, and she clearly runs the house. She is my best friend and teaches me how to be a kind person. I am lucky to live with my cousin Kanchan here in Sydney. Being in a foreign country away from family was hard in the beginning but my cousins have been there for me, guiding me, caring for me and making me miss home a little less.

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

I joined ABH in November 2022 as a carer while also studying for a Bachelor's in Business (Accounting). I was at my graduation ceremony when HR called me for an interview as Finance Officer. I already had the day off from my other job, which felt like God's plan. When I

*Below left: Family farewell at airport before coming to Sydney. Below right: Arju and her brother.*







*Above: Arju and parents at her graduation, and at her cousin's wedding.*

was offered the job, my parents were with me, and they were so happy and proud of me. I started my new role in June and I really love it.

I have made many good friends here at ABH. Malbika has worked here for over 10 years and she is more than a friend, she's like my mother.

#### *Ideal holiday destination?*

Ever since I was a child I've wanted to go to the United States and have my picture taken in Times Square.

#### *What do you enjoy doing?*

I find joy in little things. Watching the sunrise and sunset makes me the happiest. I probably have millions of photos in my phone of sunsets and sunrise. I love taking photographs of nature and I do some self-portraits when I'm bored. Also I do love making Momo (Nepalese dumplings) and sharing them with family. Last year I went to Queensland to farewell a friend moving to the States which I really loved.

#### *Something people would never guess about me.*

I don't drink and rarely go to parties.

#### *Three words to describe you?*

Kind, helpful, curious. My friends in school nicknamed me "Question bank" because I was always asking questions. And why not, right? Because there are so many things to explore and so many questions unanswered. I also believe everything happens for a good reason. Enjoy life and live it to the fullest.



*Happy 80th Bonnie!*

## *Happy BIRTHDAY!*

### *August*

Aug 1 . . . . . Celeste S  
Aug 12 . . . . . Gladys S  
Aug 12 . . . . . Kun Z  
Aug 13 . . . . . Greg M  
Aug 13 . . . . . Silvana D  
Aug 16 . . . . . Vonnie C  
Aug 19 . . . . . Caterina L  
Aug 24 . . . . . Kay S  
Aug 25 . . . . . George B  
Aug 31 . . . . . Heather T

### *September*

Sept 1 . . . . . Frank P  
Sept 1 . . . . . Joan T  
Sept 4 . . . . . Marcia M  
Sept 4 . . . . . Elaine M  
Sept 8 . . . . . Elizabeth M  
Sept 8 . . . . . Marion H  
Sept 16 . . . . . Angela L  
Sept 21 . . . . . Audrey C  
Sept 27 . . . . . Carole H



*Happy 97th Birthday to Celeste!*



## Reflections **Ruth Njogah, Chaplain**

I am fascinated by the instincts of certain birds, fish and reptiles being capable of navigating great distances to return 'home' to their territory of birth. They use major navigational clues, defying seasons, or compass direction. One Manx Shearwater seabird was transported in a closed container about 5,500km from its nest, but it found its way home twelve and a half days later!

For most of us, the word 'home' implies a sacred space and place of safety constantly reminding us of our own deepest values and hopes. What can I draw on to ground me when life and all its challenges draw me further away from my sacred space? How resilient am I to navigate challenging times and reach this personal place of safety and well-being? How can my Spirituality, creativity, intuitive guidance, imagination, and inspiration act as navigational clues that I can draw from?

Life's challenges like grief, anxiety, loss, pain and abuse can take us far away from our sacred space. But like the homing animals, we can draw on whatever gives us meaning within and without, to lead us back to our own place of rest, peace, joy, safety, and love. There's always a way home!

**"Sacred Space is where you can find yourself again and again."** – *Joseph Campbell*

## Services

**Thur 17 August @ 11am**  
Greek Orthodox Mass

**1st Tuesday @ 9:30am**  
Catholic Mass with  
St. Vincent's Ashfield

**3rd Tuesday @ 9:30am**  
Catholic Mass with  
St. Brigid's Marrickville

**2nd Wednesday**  
Communion & Devotional  
Service with Earlwood  
Baptist Church @ 9:30am

**4th Wednesday**  
Communion & Devotional  
Service with Ashfield  
Baptist Church @ 11am

**5th Wednesday @ 9:30am**  
Devotional Service

**Sunday Services**  
Volunteer led @ 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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