

October/November 2023

Ashfield
Baptist Homes
Caring for life

The Heartbeat

What a collective sigh of relieved celebration we all breathed to receive full compliance for both AH Orr and Bethel Lodge in the recent four-day unannounced accreditation audit. Thanks to all staff for working so hard to achieve this goal and to our residents and families for their ongoing support and cooperation.

Further to our letter to Prime Minister Albanese and the significant generated media interest which ABH was at the centre of, we have now received all our outstanding Covid grant monies, amounting to several hundred thousand dollars. The impact of this in the day to day running of our business cannot be understated.

In October we are holding a meeting to discuss the formation of an ABH Consumer Advisory Body, which will replace our Residents Meeting as

a one off. This is a new responsibility for aged care providers, aimed at improving leadership and culture and increasing transparency and accountability. All ABH stakeholders including current and former residents and families will receive further information in due course.

We're all looking forward to Spring and planning and celebrating Christmas and family occasions together.

Leigh Kildey, CE



Volunteer Billy helping out with the Lifestyle team

Coming up...

October

Armchair travel to Germany



3rd - Ron Ashton

3rd - Filming - new
ABH facility shoot

25th - Be Kind Day

31st - ABH Consumer
Advisory Body
Discussion Meeting

November

Armchair travel to Lebanon



6th - Pre race
Chinese dinner night

7th - Melbourne Cup

10th - Remembrance
Service

13th - Del Ryan

22nd - Be Kind Day

23rd - Poetry &
Reminiscences
through music

28th - Residents
Meeting 10.30am



BETHEL HOME CARE UPDATE

We continue to expand our services for Bethel Home Care. This month the BHC team launched and delivered its brand new newsletter, *Connections*, to local clients and families. From fun stories, tips and inspirational projects as well as recipes, competitions and ways to stay active, our goal is to keep our Bethel Home Care community connected and informed. If you'd like a copy, please pick one up from Reception.

Did you know that all our Bethel Home Care clients are welcome to connect with our chaplaincy services here at ABH? Contact our Chaplain Ruth to find out more.

If you or anyone you know needs some additional support to stay in your own home, please reach out to the team. From cleaning and gardening to shopping, cooking or just having a cup of tea, we're here to help.



Above: Bethel Home Care clients receiving some of their services.

CHRISTMAS

Christmas is just around the corner – Morag's team are holding three consecutive parties in a giant marquee being erected in Parr Gardens, together with entertainment, decorations, gifts and goodie bags. Santa's already locked us in his schedule. Residents can invite up to two guests each. Please let Reception or Morag's team know if you are coming.



December

5th - Santa centre & in-room visits

9th - Leichhardt Children's
Christmas Choir @ 10am

Parties

12th - Cherrie Hynton, Surbiton, Glenara

13th - Ambleside, Lynton, Brunswick

14th - Lewis Herman, Pratten



LIVING LIFE AT ABH

The lifestyle team put together a full program every week with a wide array of choices. Residents choose which events they would like to participate in and often provide suggestions for others.

Our monthly resident meetings are becoming more popular with residents and relatives, with families having the opportunity to join us via Zoom. We also hold Food Focus meetings to discuss seasonal menu changes and invite input and suggestions.

On site entertainers continue their regular visits and our bus outings are well and truly back on track - we've visited all our old preferred places and some new ones including Bicentennial Park, Botanic Gardens, Centennial Park, Bayview Park, Rozelle Park, Sydney Olympic Park, Lambeth Reserve, Kurnell Ramsgate and Sydney Harbour to name just a few.



TAKE FIVE WITH DEREK COOKE

Living here –
Since May 2014.

Reading – I love history books. Modern history and war history is really interesting to me. I have a great collection in my room.

Listening – I often just listen to shows on the TV if I don't feel like watching them.

Watching – I love the History shows too, modern and ancient history. I watch them on Optus and I've also got lots of DVDs.

Loving – My plants are terrific. I love looking at them on the windowsill and looking after them. I look after other plants here too. I mostly enjoy spending quiet time, just watching TV, reading books and seeing what's going on around me.

From left: Derek with one of his treasured history books; Beautiful plants loving the sunlight; Derek's extensive library.





Story of my life

RESIDENT AUDREY CLARK

Dad was a Brum [from Birmingham] and Mum was a Londoner. Mum and Dad came out before the first world war. Dad came to see Uncle Arthur, a friend he'd had for years. Mum came out with Kitty her friend and met Dad on the ship. While in Australia, Dad joined the Fifteenth Field Ambulance Corps so it wasn't until they were back in London after WWI that they became engaged. They married in 1921 before permanently relocating back to Sydney around 1921. They built the first house in Goodlet Street within the Goodlet Estate, Ashbury; not only did I grow up there, I came to live there again with my future husband and children.

I was born in Coogee and grew up in Ashfield. I'm an only child, but I was quite happy with that. I remember that Dad built me a swing in the back yard, and I had a little car and a scooter. I

went to Ashbury Primary School which had only opened two years after I was born. I also remember being in the church choir and being given a solo one Easter. I told Mum and Dad not to come because it would make me too nervous; unbeknownst to me, they came and stood outside to listen.

Dad could see I loved drawing, so after I left school, he found a place in Pitt Street where I enrolled and learnt to do mechanical drawing. Then I got a job in Petersham at the AWA, before being transferred to Ashfield. During WWII I wanted to join the air force, but they wouldn't take me because I was already doing the drawing for all the wirelesses for the navy. Dad was somehow able to pull some strings so I ended up being able to join the air force where I drew plans of aeroplanes and other things.



From left: A keen tennis player from an early age!; In the Air Force; Reg and Audrey's wedding day.



I used to play the piano in the air force up in Queensland. I would play popular tunes on the piano, but change the words to make them funny. All the girls learnt the new words and we all had a lot of fun.

I met my husband Reg through a good friend. Every Friday night I'd go to Ashfield to play cards with my friend, Betty, from school. One night she asked if her brother's mate, Reg, could come as well. Afterwards, Betty, insisted that Reg walk me home. He ended up asking me to the pictures at the Capital Theatre, and that's how it all began. We got married in St. Andrew's church, Summer Hill, in May 1953. Reg owned and ran a small factory in Leichhardt, and played drums in a big dance band. We played golf and tennis together with some wonderful friends. My friend, Margaret, and I loved being usherettes together at Ashfield picture theatre.

One of my best moments was when my two children were born. Our first was Gary who was a very big baby at over 10 pounds. We nearly lost him, though, and I didn't get to hold him for the first three days which was agony. Almost three years later Deborah was born. I got to hold her straight away and she was perfectly clean with a cloud of blonde hair. These days, Gary and his lovely partner, Linda, have a son, Wayne...my one and only grandchild. Debbie is married to Mandy who is the most beautiful lady.

After Reg died in 1990, the upkeep of the house and gardens became a bit too much. The kids encouraged me to



Above left: Deb and Gary. Above right: Deb and Mandy.

move into a beautiful retirement villa in Henry Kendall Gardens near Gosford as that area was like my second home having holidayed at Saratoga since I was five years old. I lived there for 28 years. One day I was making a sandwich in the kitchen and the wheel of my walker got stuck and I fell. It was several hours before someone found me. I ended up in hospital and rehab, for six weeks before my daughter arranged everything for me to come to Bethel. My godson, Daniel, visits me every week and rings me every day. He and his extended family are very special to me.

I'm always telling jokes and I used to love taking photos all the time. People would say, "Look out, Audrey's got her camera!" 'Up there' will tell me when it's my time. We're all here for a reason, to help people do something. Debbie has always said that I'd drop everything to do something for others. One time I stopped right in the middle of my tea to take a neighbour somewhere, and I know she'd have done the same for me. When I look back on my life, I feel very lucky to have reached 97 years.



NEW LEWIS HERMAN RESERVE

The new park has opened next to our home on Holden Street.

Council consulted with ABH to create a space for all ages including the five senses.

Residents have been enjoying small excursions with the lifestyle team, trying out the musical instruments and connecting with other locals of all ages.

The proximity means less mobile residents are able to access it. The little children love waving to the Bethel residents whose rooms overlook the park.

Council have given us permission to install a lockable gate between the gardens behind Bethel and the park which will mean even quicker and easier access for all. More details to follow.



The lifestyle team take some of our residents for morning tea at the park.



Physio Team News

We celebrate World PT Day on 8 September as the date that World Physiotherapy was founded, back in 1951. The day marks the unity and solidarity of the global physiotherapy community. It is an opportunity to recognise the work that physiotherapists do for their patients and community.

Physiotherapy plays a crucial role in the care of elderly people.

- **Improved Mobility and Functionality:** Helping maintain or regain mobility and functionality, which is essential for independence and quality of life and the prevention of falls and fractures.
- **Pain Management Strategies** including exercises, manual therapy, and modalities like heat or cold therapy to manage chronic pain conditions such as arthritis.
- **Fall Prevention:** Falls are a significant concern for older adults. Physiotherapists can assess an individual's risk of falling and develop interventions to reduce that risk.
- **Chronic Disease Management:** Managing chronic diseases common in older adults, such as diabetes, heart disease, and chronic obstructive pulmonary disease (COPD).
- **Post-Operative Care:** Physiotherapists can assist in the post-operative recovery process of surgical procedures such as joint replacements or cardiac surgeries, by providing exercises and techniques to regain strength and mobility.
- **Dementia and Cognitive Health:** Physical activity has been shown to have positive effects on cognitive function.
- **Social Interaction:** Physiotherapy sessions often provide opportunities for social interaction, essential for combating feelings of isolation and depression that can be common among older adults.

Angela and Jenkin
ABH Physio Team



Left: AH Orr physio Jenkin going through some exercises with Stan, David, Joyce and Nancy.



People & Culture

We continue to welcome, support and recognise the uniqueness of all our staff who are an important part of our tapestry. Most recently we have employed 16 new staff members who bring a range of skills as we continue to provide ongoing support to residents and families.

In a forever changing world, it is important to recognise that learning in any form is the foundation of both personal and professional growth. At Ashfield Baptist Homes we recognise the importance of investing in the education and the development of our staff as more than a commitment, but as a means for success.



Congratulations to our Chaplain, Ruth who became a Permanent resident of Australia last month. Ruth first came to Australia in 2013 on a Music Trip with her church in Kenya and then returned to stay for good in 2018 with her husband and 2 children.

Learning and education

We celebrated **R U OK Day** at ABH in September. It's an annual event encouraging us to reach out to those around us by asking a powerful yet most simple question, "Are you okay"? This significant initiative was first introduced in 2009 and since then has gained international recognition as a day that is dedicated to promoting dialogue around suicide prevention and the mental health of our friends, colleagues, loved ones and families.

This day serves as a reminder to continue fostering an environment in which people may feel safe to open up about their ongoing struggles.

New Starters

Congratulations and a warm welcome to all our new frontline/clinical staff that became part of the ABH Family during the months of August and September:

Residential Care Staff

Ansu B
Alisha B
Anjana R
Bipana N
Ella C
Elizabeth H
Kabita C
Kamal P
Narendra L
Nitesh D
Pradeep P
Rashika B
Richa J
Sweta P

Home Care Staff

Maria S

Café Staff

Sally Y





AUSSIE MUSIC QUIZ

1. Which Australian singer sang "The Loco-Motion"?
 - a. Kylie Minogue
 - b. Little Eva
 - c. Olivia Newton John
2. Which Australian artist sings "Breeze" and "Follow the sun"?
 - a. Little Johnny Farnham
 - b. Xavier Rudd
 - c. Jimmy Barnes
3. Which Australian hard rock band is known as one of the "100 Greatest artists of all time"?
 - a. Cold Chisel
 - b. Hunters & Collectors
 - c. AC/DC
4. With which French DJ did Australian singer, Sia, make the song "Titanium" in 2011?
 - a. David Guetta
 - b. David Wenham
 - c. David Campbell
5. Which Australian band sang "Stayin' Alive"?
 - a. INXS
 - b. Midnight Oil
 - c. The Bee Gees
6. What is Rick Springfield's most popular song?
 - a. Jenny's Girl
 - b. Georgie's Girl
 - c. Jessie's Girl
7. Which Australian song mentions "eating a vegemite sandwich"?
 - a. Down Under, Men at Work
 - b. I Go to Rio, Peter Allen
 - c. Living in the 70s, Skyhooks
8. With which indie folk song did Vance Joy become famous in 2013?
 - a. Eventide
 - b. Riptide
 - c. Noontide
9. Which Australian instrument is known as the world's oldest musical instrument?
 - a. Didgeridoo
 - b. Bullroarer
 - c. Clapsticks
10. What was the first public performance in the Sydney Opera House?
 - a. Vivaldi's Four Seasons
 - b. War and Peace by Sergei Prokofiev
 - c. Benjamin Britten's War Requiem



Answers: 1) a. Kylie Minogue. 2) b. Xavier Rudd. 3) c. AC/DC. 4) a. David Guetta. 5) c. The Bee Gees. 6) c. Jessie's Girl. 7) a. Down Under, Men at Work. 8) b. Riptide. 9) a. Didgeridoo. 10) b. War and Peace by Sergei Prokofiev.



Staff profile

BARSHA CHAUDHARY, RN

Where did you grow up?

I was born and grew up in the lovely city of Kanchanpur, Nepal. It is famous for its iconic Mahakali river suspension bridge, peaceful Suklaphata wildlife reserve, and serene lakes and temples. I spent my wonderful first twelve years there before moving to Kathmandu.

Tell us about your family

My father's successful garment business, centred on the USA market, instilled both economic stability and a strong work ethic in our lives. Meanwhile, my mother's devoted homemaking nurtured the bonds that held our family together. My elder sister and younger brother were constant companions on our path of growth and shared memories. As I embraced new horizons in Australia, my family expanded to include my wonderful husband, Bibek. His presence brings immeasurable joy and unwavering support to all our lives.

How did you come to work in aged care?

I started as a laundry worker in 2019 at ABH, dedicating eight months to the role while pursuing my Certificate IV. My unwavering aspiration to make a positive impact on people's lives was a constant driving force.

Today, I proudly stand transformed from a laundry worker to a Registered Nurse, thanks to the enriching experiences and growth opportunities ABH has provided.

What's your ideal holiday destination?

While I'm committed to my career in Australia, Nepal continually tugs at my heart. It's more than just a place; it's a cultural haven where I recharge and reconnect with my roots.

Also, Europe's allure captivates me, from the romantic aura of Paris to the ancient streets of Rome.

Below left: Barsha's parents with her nephew.

Centre: With her husband at her graduation.

Right: With her husband's family in Pokhara, Nepal.





Last day of Uni at Newcastle.

What do you love doing?

I enjoy listening to podcasts, to explore a wide range of interesting topics and learn new things. Cooking is another passion of mine. And, I'll admit, I have a soft spot for online shopping.

Something people would never guess about you

While I may seem reserved, there's a vibrant joyful and playful aspect of my personality that comes to life in the company of close friends and family.

If you could meet anyone, who would it be?

My mother. She lives in heaven, and holds a special place in my heart. The longing to see her, to hear her voice and feel her presence, is a feeling that runs deep within me.

Life's biggest inspiration?

My Hajurbuwa (grandfather). His wisdom and values have an ongoing profound impact on all my decisions and actions. His influence is a constant guiding light in my own journey.

Three words to describe you

Patience, cheerfulness, and determination.



Happy Birthday To You!

Happy BIRTHDAY!

October

- Oct 1 Gloria K
- Oct 1 Gaetan Z
- Oct 4 Maria P
- Oct 7 Mary C
- Oct 8 Tonka T
- Oct 14 Mary H
- Oct 14 David T
- Oct 19 Katina N
- Oct 20 Stephen H
- Oct 25 Angela S
- Oct 28 Maria Z
- Oct 30 Fei Lang L

November

- Nov 5 Joan G
- Nov 7 Dorothy M
- Nov 10 Fay C
- Nov 11 Wyn D
- Nov 15 Kalliope B
- Nov 15 Anna S
- Nov 18 Doug C
- Nov 24 Julie S
- Nov 24 Thomas T
- Nov 24 Michele T
- Nov 27 Rosaria M
- Nov 28 Melville M
- Nov 29 Joyce C
- Nov 29 Michael N

Reflections **Ruth Njogah, Chaplain**

We often take the time to look back, to reminisce of days past, through music, nature, pictures, words, or silence, with gratitude and sometimes with a tear or two. We sit in the moment....

This week, as we supported our residents from an in-house Church service, one resident made her way to the piano and begun playing familiar tunes. As I reached out to escort our last resident out of the Chapel, I noticed her bright smile and fixation at the pianist. At that very moment, I wheeled her closer to the source of the music and sat with her, listening in to every song as she assumed a music conductor role. Just then, a family member joined the party, and there we were applauding after every song. It was heart-warming as I witnessed one resident engaging in a meaningful activity whilst bringing a priceless smile to a resident who rarely responds to any stimuli. We all have the capacity to receive from and give to those around us.

“The purpose of human life is to serve, and to show compassion and the will to help others.”

Albert Schweitzer



Services

Sunday Services weekly

Volunteer led @ 9:30 am

October 19th @ 11am

Greek Orthodox Mass

October 22nd – 28th

Spiritual Care Week

October 3, 10, 17

Catholic Mass @ 9.30am

October 11, 25

Communion & Devotional Service @ 9:30 am

November 1, 15, 29

Communion & Devotional Service @ 9:30 am

November 7, 21

Catholic Mass

November 10th

Remembrance Service

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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