

Dec/Jan 2023-2024

Ashfield
Baptist Homes
Caring for life

The Heartbeat

This year at Ashfield Baptist Homes we have strengthened our foundations for a strong and thriving future. Bethel Home care continues to achieve strategic growth and construction for the long-awaited retirement village, now named The Cunningham, is earmarked mid-2024. We have invested in new technologies and systems in all areas of our business to improve care delivery and efficiencies as part of our continuous improvement plan.

The Fair Work Commission's Work Value Case for aged care workers was implemented and we hope that this will flow to all aged care workers who do important work and ensure the delivery of quality care across our services and attract more people to work in the sector.

Throughout the year, occupancy in our residential aged care services, Bethel and AH Orr Lodges, was at 97% which is a fantastic result. Seventy five percent of all new admissions to both services are word-of-mouth referrals which is outstanding.

I'd like to thank our Board of Directors and Management Team for their expertise, guidance and wisdom over the year in steering our organisation.

To our staff, volunteers and extended family, thank you for your dedicated and values driven care, compassion and skills you bring to your work every day.

Wishing you all a safe, happy and peaceful festive season.

Leigh Kildey, CE



Maria and Liz.

Coming up...

December

- 5th** – Santa visits
- 5th** – Burwood Choir
- 8th** – Staff Christmas Party & Values Awards Ceremony
- 9th** – 10am St. Fiacre's Children's Xmas Choir
- 12th** – **Resident Parties**
Cherrie Hynton, Surbiton, Glenara
- 13th** – **Resident Parties**
Ambleside, Lynton, Brunswick
- 14th** – **Resident Parties**
Lewis Herman, Pratten
- 14th** – **Client Parties**
Bethel Home Care
- 16th** – ABC Pop up Choir
- 19th** – Tony Chow grandchildren (clarinet)
- 20th** – Be Kind Day
- 24th** – Xmas Eve Service
- 31st** – NYE service

January

Armchair travel to Australia



- 18th** – Bring your Teddy to Work
- 23rd** – Mike Valentine Entertainment
- 24th** – Be Kind Day
- 28th** – Residents Meeting 10.30am



THANK-YOU VOLUNTEER CHRISTMAS BRUNCH

We hosted a wonderful gathering for some of our valued volunteers to thank them for freely giving their time to our residents. From pastoral care to in-room company, language skills to game playing, bus driving to just simply chatting, our volunteers enrich the lives of all our residents. Gordon (pictured at left) has been volunteering at ABH for over forty years, while Joe (centre) started this week. Special thanks to Morag for her fabulous homemade trifle.



Volunteer feature: Maria Mohlakis



I was born in Sydney and moved to Crete with my family aged seven. I worked in a private hospital in Athens for many years as a Radiation Technologist. I was passionate to support the patients and vulnerable people in my department.

My children have been living in Sydney for five years now for study and work. I arrived from Greece last year to be closer to them. I enjoy exploring nature in my free time through activities like hiking and swimming.

I have always enjoyed volunteer work. I have been involved in several campaigns in Greece including running to raise funds for Cancer patients, cooking for the homeless and assisting in clean up initiatives. ABH has given me an opportunity to engage with Greek speaking residents. I enjoy meeting new people and listening to their stories as they reminisce. They enjoy listening to music, stories in Greek, and seeing pictures of Greece.





LEWIS HERMAN PARK

Prime Minister Anthony Albanese officially opened Lewis Herman Reserve, Australia's first purpose-built dementia park next door to ABH on 5th December.

Inner West Mayor Darcy Byrne said: "This park is a break-through in design and delivery of a park that meets the needs of the whole of community."

"We are excited to deliver a park that supports multi-generational use by the community and reflects the diverse background of the community."

"We have an ageing population and absolutely need to have recreation spaces that cater for all members of our community, especially residents living with dementia and their loved ones."

The park was designed in consultation with Ashfield Baptist Homes. Sensory gardens with native vegetation have been created, providing sensory stimulus for seniors throughout the community.

Mobility for people with dementia can be a major issue and the design of the new reserve has wide paths, providing access to areas of interest for those using walking frames and in wheelchairs.

Resting and gathering spots can be found throughout the park, including ease of access comfortable seating, picnic and passive recreation facilities. The park also includes a new and diverse children's playground which is inclusive, accessible and available to all children to play, explore and create.

The park is named after Ashfield's longest serving Mayor Lewis Herman OAM. Herman was a passionate advocate for Ashfield and multiculturalism, serving a remarkable 35 years as a councillor, including as Mayor from 1976 to 1991.





ASHBURY PUBLIC SCHOOL BUDDY PROGRAM

ABH has created a buddy program in conjunction with Ashbury Public School. Thirty students across K-6, accompanied by the Principal and staff, visited us twice in November for a 'getting to know you' session including reading and drawing together. Students were all paired with a buddy. They returned a couple of weeks

later with hand decorated Christmas shoeboxes full of goodies for their special friend. Students were excited to see their buddy again and so were the residents. From gel socks to tea bags, candles to Uno, the gifts were all thoughtfully selected and gratefully received.



Top left to right: Nanette, Nancy and Stanley. Bottom: The excited kids gather outside ready to hand out their gifts.



Ashbury Public School Relieving Principal Karen Morris is delighted to be part of the new buddy program aligned with ABH.

‘Our engagement with Ashfield Baptist Homes residents has been fantastic. We particularly wanted to connect with a nursing home rather than a retirement village. Many students were excited to meet the residents the first time and were looking forward to seeing their buddies again and giving them their gifts. Creating the personalised gift boxes really helped the children think about who they were making them for and what presents might be suitable.’

More buddy activities are planned for the new year so watch this space!



Admin staff member Roshani posing with Ashbury Public School kids, her old school.



From left to right: Fatima, Betty, Olga and Les.



STAFF SERVICE Awards

Every year we celebrate staff who have been part of the ABH family by recognising their longevity and loyalty to our community. Congratulations to all staff who were recognised at this year's awards held at a staff barbecue on Friday 17th November.

FIVE YEARS

Muskan P (RN)
 Jessica D (Job Support)
 Stephanie P (Job Support)
 Penpa D (Carer)
 Ana P (Reception)
 Tenzing K L (RN)
 Marvelous C (RN)
 Susmita G (Carer)

TEN YEARS

Josephine S (Carer)
 Jennifer D (Carer)
 Leigh K (CE)
 Manpreet K (Carer and Weekend Receptionist)

FIFTEEN YEARS

Michael Z (RN)
 Indira G (Carer)
 Rosemary Shu Q (Carer)
 Yodit D (Carer)

TWENTY YEARS

Lorna D (Carer)

TWENTY FIVE YEARS

Joe C (Carer)
 Ziggy K (Carer)

THIRTY YEARS

Yoeun C (Carer)



Above: Jessica, Marvelous and Rosemary



Thank you Youen – 30 years!



Congratulations Joe and Ziggy – 25 years!



PEOPLE & CULTURE

Congratulations and a warm welcome to all our new frontline/clinical, Admin and Café staff that have joined the ABH Family in October and November.

Barsha T
Bibek T
Bidushi S
Dennis B
Max T
Michelle L
Tony N
Sabita

Special congratulations to Mark S (below) who has recently transitioned from Registered Nurse and IPC Lead at ABH to Bethel Lodge Care Manager.



Top: Staff celebrate with lunch together. Centre: Lorna, Susmit and Ana with Leigh. Bottom: Leigh with Yoeun, and with Indira.



ABH VALUES – ANNUAL AWARDS

Every year we ask families, residents and staff to nominate a staff member who embodies one or more of our Values, which are enshrined in all that we do. We recognise the significant contribution of all staff, who have supported us relentlessly and plugged every gap. From the bottom of our hearts, thank you.

Special congratulations to the following staff. Well done and thank you!

Respect	Treating people with dignity	<i>Alvin</i>
Compassion	Responding sensitively to individual needs	<i>Sajana</i>
Excellence	Providing quality services	<i>Smita</i>
Integrity	Being honest and fair	<i>Jessica</i>
Stewardship	Managing environmental & other resources responsibly	<i>Renee</i>



Top: Alvin; and Sally accepting Sajana’s award. Bottom: Jessica and Renee.



Respect

Alvin (Lifestyle team)

“Alvin helps everyone.”
“The attention he has given Mum and us whenever we have used Zoom has been appreciated.”

Compassion

Sajana (Carer) (award accepted by Sally)

“Sajana always listens to the residents, asks their opinion and recognises the importance of incorporating their personal values and priorities.”
“Sajana always speaks with kindness, listens with carefully without making any judgements, helps residents be happy in aged care. She always takes action when she sees someone suffering. She is mindful of other people’s emotions and thoughts.”

Excellence

Smita (Carer) (not pictured)

“Respecting and attentive. Good leader and team player.”
‘Smita remembers individual residents’ needs.’

Integrity

Jessica (Administration)

“Jess has been exemplary in her work and has been amazing at doing all the tasks assigned to her. Learns and adapts to whatever role she is given. Amazing to watch.”
“Jess is prominent staff who always caring with heart. She always assists resident as much as she can.”

Stewardship

Renee (AH Orr Care Manager)

“Renee is always ready to engage and responds to requests asap. She treats residents with dignity and respect.”
“Always keeping up to date with Mum’s condition via email and in person. Promptly replies to emails.”

Happy
BIRTHDAY!

December

- Dec 4 Teresa R
- Dec 7 Pina B
- Dec 11 Kevin O
- Dec 19 Vera V
- Dec 22Jennifer A
- Dec 23Elizabeth B
- Dec 27Chrystalla S
- Dec 28Judith D

January

- Jan 3 Illaisaane D
- Jan 6 Eileen H
- Jan 10 Judith A
- Jan 12Maria P
- Jan 14Margaret D
- Jan 15Gus R
- Jan 19 Shirley W
- Jan 21Jack Y
- Jan 22 Hugh H
- Jan 24 Judith C
- Jan 25 Elaine L
- Jan 27Emily Y



STAFF CHRISTMAS PARTY

Staff celebrated together in the first staff Christmas party in four years in the Parr Wing Marquee, held the week before the resident parties.





Physio Team News

Staying Safe: Using Your 4-Wheel Walker Properly

4 wheel walkers (4WW) play a crucial role in enhancing the independence and quality of life for individuals with mobility challenges. To ensure a safe and seamless experience, it is essential to follow proper protocols when standing up and sitting down.

Standing Up:

Brake Check:

Before attempting to stand, always make sure that the brakes on your 4WW or wheelchair are securely engaged. This simple yet crucial step prevents unexpected movement and ensures a stable base.

Supportive Start:

To initiate the standing process, push through the chair or wheelchair armrests. This action provides additional stability and support as you transition from a seated to a standing position.

Handle Grip:

With your hands securely placed on the 4WW handles, release the brakes. This should be a deliberate and controlled movement to avoid any sudden jolts or instability.

Sitting Down:

Brake On:

Before attempting to sit down, ensure that the wheelchair brakes are engaged. This ensures that the wheelchair remains stationary and stable.

Armrest Feel:

Run your hands along the chair or wheelchair armrests before attempting to sit.

Maintenance:

If you notice any signs of wear, malfunction, or if the brakes are not in good working condition on your 4WW, please notify care staff or the maintenance team. Reporting issues promptly contributes to your safety and the longevity of the walker.

**Angela and Jenkin
ABH Physio Team**



Joan demonstrating safe 4WW use.





Christmas **CELEBRATIONS**

Santa paid his usual visit to our residents before we all celebrated together in a week of fabulous Christmas parties. All residents and guests received mini Christmas gifts including handmade cookies made especially for ABH by Leona, one of our talented volunteers through Earlwood Baptist Church. She not only made over four hundred cookies in nine different Christmas shapes, she decorated and wrapped them all. Amazing!





Above: Family of Ilaisaane, who's from Tonga – our super talented Clinical Manager Juliet made these traditional fresh flower leis for them.



Santa VISITS







Story of my life

RESIDENT JOAN BAGGS

I grew up in Bondi Junction in Sydney during the Depression. I lived with my parents and brother Dennis. Everyone danced in the streets on my birthday – Victory Day for the end of the war.

My father Fred was a blacksmith and made parts for trains. He used a steel forge in the hot summer but had to wear long sleeved flannel shirts to protect against the sparks. When the Japanese bombed East Sydney, the factory was hit. My enterprising brother collected pieces of the molten metal and sold them as pieces of the bomb! My mother Patience was a home-maker and brilliant seamstress and taught me to sew,

I got into the OC at Woollahra Public School, then I went to Sydney Girls High. I used to go to elocution lessons. I would sometimes recite poems at school or tell stories at church. I went on to study elocution at Trinity College. I would buy

our dinner from the butcher and pay one and thruppence. There were no refrigerators back then, we used to have ice delivered for the old ice chest.

I was a bit of a handful. I stayed with my grandmother Minnie in the holidays, she was a truly lovely lady. She was the caretaker of the Woollahra Congregational Church which no longer exists. Once when I was little we were walking and she saw a rabbit in a hollow log. She reached right in and tied it to her pinnie ready for dinner.

Mum taught me how to sew. I was often busy sewing clothes for various children and family members, clothes for porcelain dolls' and crocheting rugs. I loved expressing my creativity and crocheted over a hundred blankets for the homeless.

I was very happy on my wedding day when I married Dr. Sydney Alison Baggs. I did a course to ice my own wedding cake and piped very fine little cages over upturned tart moulds sitting over doves, and hundreds of blue forget-me-knots with tiny yellow centres. I also made

From left to right: Baby Joan; Washing Day; Joan and Sydney with the magnificent cake; Reading to David, Allison and Kate.





my own wedding dress and bridesmaid dresses in grey and pale pink.

My husband was a very clever man. He became an Architect and a senior lecturer at the University of NSW. We met at work, at a plan printers. In those days there were no electric printers. When the war came, we would go up on the roof and expose the dyeline print paper to the sun. Then we took them to the basement and wiped the plates over to create the paper building plans for construction projects.

Sydney and I lived with our family initially in Como, then with the help of family and friends built our first home. My grandfather was a stonemason so he knew how to split sandstone. After that we moved to Woollahra, on to Mosman, Carss Park and then Chatswood where we renovated and stayed for over 20 years.

We had three children – David, Allison and Kate. All of them are very successful. I'm also very close to my son-in-law, David. I have five grandchildren and four great grandchildren. Sydney and I wrote many books and articles with our son



David to do with sustainable architecture, healthy homes and earth covered architecture. I spent a lot of time helping my family editing papers and books as a self-taught academic editor.

As a family we went on adventure holidays to support Sydney who was often fossicking in the countryside for fossils or caving to measure temperatures for his theses. I would carefully pack thermoses and lunches and we'd be up before dawn.

I enjoy singing and used to be a member of a choir. We would sing at aged care homes, especially at Christmas. They came to ABH recently. I love watching the wind move through the leaves and flowers on the gum trees outside my window. Now and again I can see a rainbow flash and it's a pair of rainbow lorikeets. They're so quick, it's just a blur of colour. I find it really calming and peaceful.



Above from left to right: Joan, her grandmother and mother; Son-in-law David and granddaughter Allie birthday visit; The family farewelling Sydney on a lecture tour; Granddaughter Sydney, Allison and Joan.

Left: Joan's 90th.



Staff profile

JESSICA DAHER, ADMIN ASSISTANT

Tell us about your family

I grew up in Earlwood, Sydney Australia. I am the fourth child of six meaning I have five siblings: Maryanne, Elizabeth, Simon, Rebecca, and Anthony. I live with my parents Kathryn and Gerry, and also our two dogs Mumford and Millie.

I am half Lebanese and half Australian.

How long have you worked at ABH?

I have been working at Ashfield Baptist homes for 6 years.

When I finished high school, Jobsupport helped me find this job. They trained me along with the staff here at Ashfield Baptist Homes to do work that I feel is productive and rewarding. Maranda is my Jobsupport vocational trainer. I recently started a new role as a clerical assistant at Reception. My role includes

answering phones and helping visitors sign in. I also help with education and training by scanning and renaming documents for the staff. I really enjoy the variety of work this role has to offer.

Ideal holiday destination?

My ideal holiday destination is America, specifically to visit Disneyland because I am a big Disney fan.

What do you love doing?

I love to play netball and have been playing all my life. I have represented New South Wales in an all-abilities Netball tournament called The Marie Little Shield for three years. My main positions are Goal Shooter and Goal Attack. This year, I went to Melbourne for the competition, and my team placed second.



From left: Maranda and Jess; Receiving her five year service award from Leigh; Out to dinner with the whole family.



Above left: Jess and her team. Right: Jess and two Diamonds team members.

I also love to watch NRL and support the South Sydney Rabbitohs. I am a club member and like to go to the live games to cheer them on.

In my spare time, I also love to do puzzles, play board games and watch tv shows.

What is something people would never guess about you ?

I have been learning to play the drums for the past year, and my favourite song to play is "I Got a Feeling" by The Black-Eyed Peas.

If you could meet anyone, who would it be?

If I could meet anyone, I would meet Greg Inglis because he is an inspirational sportsman to me and a legendary South Sydney Rabbitohs Player.

Life's biggest inspiration?

The biggest inspiration in my life is my parents. They inspire me to work hard, care for my family, and to follow my dreams just like they did.

Three words to describe you?

Organised, Focused, Kind



Left: Jess and her sisters at the Bunnies game. Right: Jess's secret drumming talent.



The Heartbeat Dec/Jan 2023-2024

Spiritual care Activities

Reflections

*"Every good gift, every perfect
gift, comes from above."*
James 1:17

I wonder what Gratitude looks like at this very moment - as we look back on the year that has been and in years gone by. There is power in taking time out to count our blessings. 2023 will soon be a distant memory. What better time than to look back and reflect with Gratitude!

"A life of rich fulfilment comes to those who are also thankful for the setbacks".

Gratitude by Edgar Albert Guest

Be grateful for the kindly friends that walk along your way,
Be grateful for the skies of blue that smile from day to day,
Be grateful for the health you own, the work you find to do,
For round about you there are men less fortunate than you.

Be grateful for the growing trees, the roses soon to bloom,
The tenderness of kindly hearts that shared your days
of gloom,

Be grateful for the morning dew, the grass beneath your feet,
The soft caresses of your babes and all their laughter sweet.

Acquire the grateful habit, learn to see how blessed you are,
How much there is to gladden life, how little life to mar!
And what if rain shall fall to-day and you with grief are sad,
Be grateful that you can recall the joys that you have had.

I am Grateful for.....

Ruth Njoga, Chaplain

December 2023

Sunday Services

(3rd, 10th, 17th) 9:30 am

Christmas Eve Service

(24th) 9:30 am

New Years Eve Service

(31st) 9:30 am

Catholic Mass

(5th, 19th) 9:30 am

Communion Service

(13th) 9:30 am

Devotional Service

(27th) 9:30 am

Greek Orthodox

One on One Pastoral Visits

(7th) 10:30 am

January 2024

Sunday Services

(7th, 14th, 21st, 28th)
9:30 am

Communion Service

(10th) 9:30 am
(24th) 11:00 am

Devotional Service

(31st) 9:30 am

Catholic Mass

(16th) 9:30 am

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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