



The Heartbeat

Sitting on my desk is a note.

"You can't adjust the wind but you can adjust the sails"

With so many changes happening in the aged care industry following the Aged Care Reform agenda post the Royal Commission in 2018, ABH has certainly done its fair share of tacking and gybing.

The Board of Directors met in late April to review the organisation's current strategic plan. With many items already achieved, it was time for the Directors to consider the future for ABH in a new regulatory world. The outcome of these discussions and resulting action plan will be distributed to all of you in the coming month or so. This is your opportunity to have a say in the future of ABH: the near future for tomorrow and in five years' time. How will ABH be delivering care in 2030 and what will be your expectations of us? I encourage you all to start thinking and let us know. We will be contacting all families via email and our Connecteam app.

As the daughter of a former Commonwealth sailing champion, I have certainly hoisted many spinnakers to capture the breeze and gain a competitive advantage. I encourage you all to be the breeze that catapults ABH forward.

Leigh



Above: Leigh and younger sister Megan learning to sail on Lake Macquarie.

Coming up...

June Armchair travel to Switzerland



4th - unclaimed clothing collection (Cinema)

10th - King's Birthday

17th - Residents Meeting 10.30am

18th - Del Ryan Entertainment 10.30am

26th - Be Kind Day

July Armchair travel to France



2nd - unclaimed clothing collection (Cinema)

4th - Memorial Service

22nd - Residents Meeting 10.30am

24th - Be Kind Day, Cowboy Day, Christmas in July

The lifestyle team will be running quizzes, poetry, art, bus trips, armchair travel and more.



People & Culture

This month we are celebrating National Reconciliation week, a time to come together and learn about our shared histories to create a stronger relationship between the wider community and Aboriginal and Torres Strait Islander peoples, led with respect.

Bethel Lodge new Care Manager

We would like to extend a warm welcome to our new Care Manager for Bethel Lodge Cynthia Luminario, who started working with us at the end of May. Cynthia brings extensive leadership experience as a Registered Nurse and Care Manager in residential aged care. She will continue to lead Clinical, Operational and Leadership activities for our clinical team at Bethel Lodge. Cynthia's role will also have an increased focus on compliance and leadership from a clinical and operational perspective due to the implementation of a new Aged Care Act and Quality Standards.

Cynthia loves to travel and also speaks three languages including Tagalog, Arabic and English which has already proved to be a great tool to communicate with our ABH families.

Please make Cynthia welcome and say hello if you see her.

New starters

Welcome aboard!
We are happy to have the following frontline and clinical staff joining ABH in April and May 2024.

Barsha G
Jenny C
Ivy W
Lucy P
Shrijana R
Volau V
Yalina L



New Bethel Care Manager Cynthia

HAPPENINGS AT ABH



Left: Pastor Micah meets residents; Centre: Full house to meet the new Pastor; Right: Elaine and Jennifer.



RECONCILIATION WEEK

During the last week of May, all residents and staff at ABH celebrated Reconciliation Week.

Reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians. It is based and measured on five dimensions: historical acceptance; race relations; equality and equity; institutional integrity and unity.

'Like branches on a tree we may grow in different directions. But our roots remain as one.'

We have created a Reconciliation Family Tree outside the Activities Room. The display celebrates the lives and contributions of prominent indigenous leaders and role models in their areas of excellence, including John Moriarty (artist, government advisor and former soccer player), Troy Cassar-Daley (country music songwriter and entertainer), Cathy Freeman (sprinter and Olympic gold medallist), Archie Roach (singer-songwriter and Aboriginal activist) and Lowitja Donoghue (Indigenous rights, health and welfare advocate).

Residents enjoyed a Reconciliation afternoon tea and engaging talk by Steven and Lanni.



Top: ABH Reconciliation Family Tree;
Above: Reconciliation afternoon tea.



Above: Hawera, Kenny and Gaetan.



ASHFIELD BAPTIST HOMES TURNS 75

This year marks the seventy fifth anniversary of Ashfield Baptist Homes, which was formally registered as an organisation in December 1949.

There are anniversary flags lining Clissold and Holden Streets, uniforms and some special drinks bottles, not to mention a big staff party in October. More news about ways we'll be celebrating with families and residents will follow.

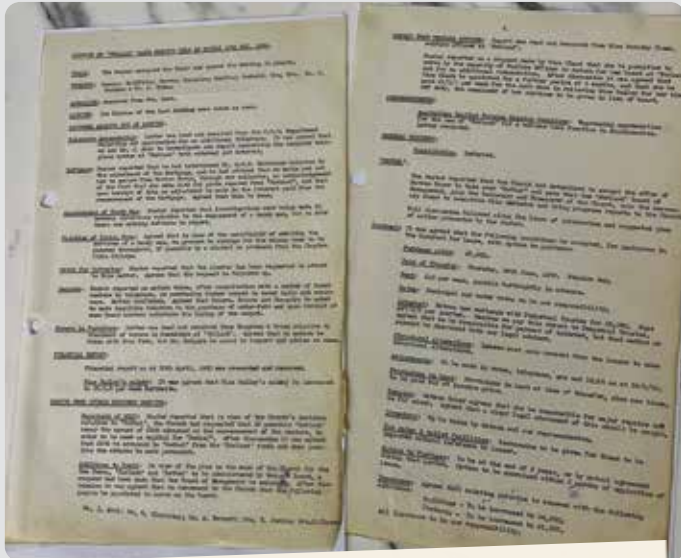
Did you know that Norland House was originally part of the original Bethel Christian Home for Aged Ladies, along with Surbiton, the house that sat on the site where ABH is today?

Norland was originally a private children's home. It was a venture which preceded Bethel and then ran parallel with it for some years. It opened under the auspices of Ashfield Baptist Church in November 1946 and was restructured to cater for thirty children and twenty-four permanent hostel residents. Operations moved to cater exclusively for forty-five young women and the provision of a day care kindergarten. And it very nearly became a centre for excellence in Dressmaking!

Today, Norland is owned by Ashfield Baptist Homes and is leased to Royal Prince Alfred hospital for families from regional areas needing accommodation during treatment.

Some extracts from the board meeting minutes in 1950 are below for a flavour of how times have changed. No doubt the Maintenance team appreciate the mod cons of their truck these days!





Minutes of 'Norland' Board Meeting, 19th April 1948

General Business

School of Dressmaking: The Chairman reported that an application had been received from Madame Julie Tardant concerning the possibility of her renting the room formerly used for the Kindergarten, for the establishment of a School of Dressmaking. After consideration it was agreed that this was not practicable nor advisable, and that it should not be done.



Above: Norland House today, leased by RPA Hospital.

Minutes of Board Meeting 12th May 1950

Business arising: Norland

Letter was read and received from the P.M.G. [Post Master General] Department rejecting our application for an additional telephone.

Business arising: Bethel

The Pastor reported that the Church had determined to accept the offer of Matron Scurr to take over "Bethel" and asks that the 'Norland' Board of Management, plus the Secretary and Treasurer of the Church, take the necessary steps to execute this decision.

Minutes of Board Meeting, 9th June 1950

Business arising: Norland

Appointment of Handy Man: Mr. Ted Sillins had been appointed for this work at a salary of £8 per week plus keep. Agreed that Mr. Sillins be known as "Maintenance Man" rather than "Handy Man".

Push bike: Agreed that a push bike be purchased for the use of Mr. Sillins up to a cost of £5.

Business arising: Bethel

Curtain materials: Agreed that the ladies on the Board be asked to purchase necessary curtain materials in consultation with Matron Ogilvie.



PHYSIO TEAM NEWS

We welcome new physiotherapist Alana Combo to the Ashfield Baptist Homes team.

Alana has two Bachelors degrees in Health Science and Exercise and Sport Science from Sydney University and finished with a Doctor of Physiotherapy from Macquarie University. She worked in both a private practice and aged care setting after graduating, but found herself gravitating towards aged care and the impact she could make on the lives of the more mature population. One of Alana's biggest passions is being able to help the residents to achieve the best physical outcomes they can. She aims to keep everyone as active and independent as they can be.

Alana has written her dissertation in chronic pain, has an affinity towards

mental health as she understands how often they overlap. Her other passions are improving the function and decreasing the pain in individuals, especially as they age.

She enjoys rock 'n' roll dancing and being with her family (including her one and a half year old son) in her free time. She is currently training for a half marathon and loves collecting vinyl records.

Alana runs the group exercise classes and enjoys getting to know the residents and the stories they have to tell about their lives.

ABH Physio Team

What are you reading? Les Bagust

I'm reading the biography of Phillip Hughes. He was an Australian cricketer who tragically died at the crease when he was hit in the neck by a cricket ball.

I've always been a great sports fan and played a lot when I was younger. I played a bit of cricket myself but mainly tennis and golf.

My father took me to watch Don Bradman play in 1946 when I was fourteen. He and his batting partner, Barnes, scored 234 runs each. Bradman got out first and Barnes gave his wicket away. I'll never forget it. [Barnes later wrote in his autobiography that he had deliberately lost his wicket because "it wouldn't be right for someone to make more runs than Sir Donald Bradman"].



Top: Les's reading corner. Bottom: Bradman and Barnes, SCG 1946.



Improved Dining Experience trial

Forthcoming changes to the Aged Care Quality Standards include the **Strengthened Quality Standard 6**.

This Standard is about working with older people to find out what they like to eat and drink, and improving mealtime ambience. Serving a choice of meals and drinks can make a huge difference to the quality of life for people in care.

The Standard recognises that in many cultures, food and dining play a large role towards feelings of inclusion and belonging.

At ABH we are trialing several new concepts.

- **Cutlery pouches (Bethel)**
For an enhanced dining experience. These were trialed from 1 – 27 May.
- **Music played at mealtimes**
 - Breakfast: classical
 - Lunch: 40s/50s
 - Dinner: gentle jazz
- **Extended mealtimes**
Trial from 6 May – 3 June, to give residents more choice. During this time, resident feedback will be collected and assessed.
 - Breakfast: 7.30am to 8.30am
 - Lunch: 12-1pm
 - Dinner: 5-6pm
- **Entertainers during lunch (Fridays).**

We look forward to discussing these in detail at the next Residents Meeting on 17th June – all family members welcome, in person or via zoom.



Above: Ira celebrating her 99th birthday with family.

Happy BIRTHDAY!

June

- June 4 Nancy D
- June 5 Lynette M
- June 7 Shirley R
- June 9 Les B
- June 10 Ante S
- June 11 Tony C
- June 13 Bonnie M
- June 16 Margaret A
- June 27 Olwen C
- June 30 Rosa T

July

- July 8 Frank J
- July 10 Helen H
- July 10 Branko V
- July 12 Jennifer G
- July 13 Angela B
- July 26 Peter K
- July 26 Chrisoula B



Say hello to...

RESIDENT PETER TAYLOR

I was born in Leeds, in the north of England. The pre-WW2 recession and post war austerity probably made me what I am. When I left school, I was a bank clerk teller, then a soldier for two years.

My father died in North Africa when I was six. Later my mother remarried, and I have a half sister and brother. I still have lots of family in England I am in touch with.

I arrived in Australia in February 1962 and became a clerk for Thursday Island at the Island Industries Board. I also started an accountancy correspondence course. I met Judith there in 1963, she was a nurse. She always said I never proposed, she just got a letter telling her when I could get leave so we could get married! This year would have been our sixtieth wedding anniversary.

I finished my working days in Thursday Island doing store audits, travelling through the Torres Straight Islands by boat. It wasn't an easy job; the families would hide a lot from us auditors. I also went to Papua New Guinea with twenty tonnes of gold lip pearl shell, used there as currency. Daru Harbour was full of canoes. It looked like it must have looked for hundreds of years.

We moved to Townsville in 1966 and I qualified as an accountant in 1968. We had our first four children there – David, Cath, Jim and Liz. I worked for a wine and spirit merchant and at a printer, then a subsidiary of Mount Isa mines. Cyclone Althea came through on Christmas Eve 1971 and we lost all our power. There were no Christmas treats that year! In 1972 we moved to Mount Isa and our fifth child Steven was born.

From left: Judith and Peter; Thursday Island, December 1963; All five Taylor children.





From left: Peter and his mother, Yarmouth 1939; National Service 1952; Growing violets.

We settled on a twelve-hectare bush block in Bega in 1981. No-one would ever guess that Judith and I built our house – a nurse and an accountant! A builder laid the slab, but we put the frame up and did everything else. I can hardly believe we did it! Nor can the children! We tried our hand at all sorts of things – we grew earthworms, African violets, painted t-shirts to sell and made little clocks. We farmed strawberries and tomatoes, raspberries, figs, squash and more which we turned into jams and relishes. We did a touristy thing, a sort of show-tell-sell.

All our children left home to go to university in Sydney, so in 2003 we moved to a smallholding in Sackville, near Windsor. Judith planted a beautiful rose garden and we raised cattle, sheep, and chooks there.

Family holidays were always something of an expedition with the seven of us. Judith and I went on a round the world trip to see our eldest son who was teaching in America, which was fantastic.

Then we went to England, Singapore, China, Vietnam, Hawaii and New Zealand. Another favourite was a trip through the South Island of New Zealand with Liz. The lakes, mountains and rivers really are spectacular.

I moved into ABH for respite nine weeks ago and decided to stay – it's a great place. I have low vision but I'm still very independent. I've spent a lot of time recently negotiating with Centrelink about my RAD and so on. Being persistent and calm always pays dividends in my experience.

My best family memory is my Mam coming here solo from England one Christmas. I hadn't seen her for twenty-five years and she had never met Judith or the children. Times were lean so we made all our Christmas gifts into giant newspaper parcels to make them seem big. Chunky custard and dinky car gifts became family folklore. My mother was laughing and crying at the same time with her Aussie daughter-in-law and grandchildren. *[Continued on page 11.]*



Staff profile

JOSEPHINE CLEMENTE, CARER

Where did you grow up?

I grew up in the Philippines, specifically in the City of Laguna, surrounded by sugar canes and rice fields. It was a quiet and simple life. I also lived in Japan for seven years along with my sisters, working to support our family back in the Philippines before moving to Australia.

Tell us about your family

My family is from a Filipino background, and we moved to Australia in 2009. I have two children, a son and a daughter. Our family is expanding with the addition of children-in-law, and I'm blessed with three grandchildren, with another one on the way.

Tell us about your career

I initially studied a Bachelor of Accounting in the Philippines. Then my

passion for helping people led me to shift my career to become an Assistant in Nursing, which was the best decision I have ever made.

I've been dedicated to ABH for almost fifteen years now, [almost all my time in Australia], fostering strong relationships not only with my colleagues but also with our clients.

Ideal holiday destination

Japan holds a special place in my heart, especially during autumn and winter, when you can enjoy the beauty of sakura (cherry) blossoms.

What do you love doing?

If I was asked this question when I was younger, my answer would have been playing Volleyball. I may be small but I made it to the Volleyball Varsity. Now,



Left: Starting at ABH 15 years ago; Middle: Josette, Jhoran and Josephine at a friend's wedding; Right: Chloe, Josette, Josephine, Fen, Jhoran and Caela at Luna Park.



Above: Family walk.

spending quality time with my family is something I love to do, especially cooking meals for them based on their requests. I also find joy in knitting and creating scarves.

What is something people would never guess about you?

Probably my age! Haha

If you could meet anyone, who would it be?

I would love to meet my dad one more time, to make up for the short time he was able to spend with our family. He still was able to have a great positive impact in our lives. I would love to express my gratitude for all the life lessons he taught me and my siblings.

Life's biggest inspiration?

Witnessing my children flourish and become independent and successful individuals.

Three words to describe you?

Patient, generous, and caring. It seems my children reflect my selfless nature, constantly reminding me of these qualities.

[Continued from page 9]

SAY HELLO TO...

My absolute best achievement was marrying Judith. We had a wonderful marriage and raised five diligent, successful and well-adjusted children to adulthood. I'm immensely proud of them all. My pride extends to their partners and my seven grandchildren. These attributes do not happen by accident.

I don't give up and I don't complain. I've learned to accept what you can't change. I'm gently persistent, and well aware of my faults and limitations. I always listen to what people have to say. I try and keep a sense of humour and just get on with it, whatever it is.

Below: Judith and Peter wedding, June 1964.





Reflections **GOD CARES FOR HIS AGING SAINTS!**

Jared Mellinger, Senior Pastor and author, Pennsylvania.

"A few summers ago, when my Pop-pop and Nana were both still with us, we had a family picnic. My Nana's mind at that time was not what it once had been. She couldn't recall our names. But she had not forgotten the name of her Lord Jesus Christ. And she hadn't forgotten the hymns she had spent her life singing.

At that picnic, my grandparents sang a few hymns for the rest of us. One of those hymns was "Does Jesus Care?" Despite the many challenges of aging, my Nana sang:

Does Jesus care when my heart is pained
Too deeply for mirth and song;
As the burdens press and the cares distress
and the way grows weary and long?

Then came the answer:

Oh, yes, he cares, I know he cares,
His heart is touched with my grief;
... I know my Savior cares. (*Frank Ellsworth Graeff, 1901*)"

What happens when the days of our youth are gone? We have limited, and sometimes no, control over how gracefully our bodies and minds age. For many, the difficulties of aging lead to despair - grief and anxiety overtake us. But amidst any reality, those in Christ attest that **aging is more about hope than fear, more about honour than dishonour, more about holiness than decay, more about gain than loss.**

June 2024

Sunday Services

2nd, 9th, 16th, 23rd, 30th
9:30 am

Devotional Service

12th @ 9:30 am

Communion & Devotional Service

26th @ 11:00 am

Catholic Mass

4th, 18th @ 9:30 am

Greek Orthodox Mass / Pastoral visits

13th @ 11:00 am

July 2024

Sunday Services

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

Devotional Service

10th, 24th @ 9:30 am

Communion & Devotional Service

31st @ 11:00 am

Catholic Mass

2nd, 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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