

August/September 2024



Ashfield
Baptist Homes
Caring for life

The Heartbeat

Our goal at ABH is to ensure that every resident in our community enjoys life to their full potential through the quality and personalised approach to care we provide. This applies to all four pillars of care: clinical, personal, spiritual and lifestyle.

We seek to continuously improve in all areas. In future editions of The Heartbeat, we will provide regular updates on happenings in each area as they arise.

Thank you to our residents, families and staff for joining our consulting group, and for ideas already received, as we explore a refreshed, dynamic approach to our lifestyle program.

For those who prefer a busy schedule and the constant company of others, we will continue to plan and expand a full day of relevant and fun activities to opt in and out of. From walking groups to art, yoga, dance, and cooking classes, bus excursions, movie events, and live entertainment we want to inspire and engage with activities that meet the individual needs of each resident. For others who crave alone time or more privacy, we're planning ways to enhance access to quieter activities and spaces for reading, relaxing, pampering, crafting, playing music or computer games.

Over the next few months, you'll begin to see many new initiatives come to fruition.

A big thank you to everyone involved.

Leigh



Above: Leigh and resident Cynthia.

Coming up...

August Armchair travel to Italy



6th - Unclaimed clothing collection

9th - Entries close Name ABH Café competition

19th - Consumer Advisory Meeting

20th - Live entertainment with Fiona

28th - Be Kind Day

September Armchair travel to Latin America



3rd - Clothing collection

16th - Residents Meetings

17th - Live music with Mike Valentine

25th - Be Kind Day

The lifestyle team will be running quizzes, poetry, craft, bus trips and much more....



Fumpa, Quality Control Manager. Just one of many presenters at Brunch and Learn.

People & Culture

Brunch and Learn

This year Ashfield Baptist Homes gave our Mandatory Training a brand-new makeover by launching the Brunch and Learn Program for all staff members. This education ensures that each person is equipped with skills and knowledge to provide the highest standard of care to our residents. The initiative also aims to ensure the maintenance of regulatory compliance and continue our culture of learning and improvement at ABH. The Brunch and Learn Program will:

1. **Promote Safety**

Providing refreshers of safety protocols, ensuring that staff can effectively handle emergencies and prevent hazards.

2. **Enhance Cultural Competence**

Training staff to respect and accommodate the diverse cultural backgrounds of residents, promoting inclusive care.

3. **Foster Professional Development**

Continuous learning opportunities that enable our staff to develop further understanding.

4. **Enhance Care Quality**

The Brunch and Learn topics will equip staff with the latest techniques, knowledge, and best practices in Aged Care, enabling them to provide the best possible care to residents.

Café renovations!

Exciting things are happening at your local ABH café!

Please pardon our mess while we create your new café experience. Renovations will be complete by the end of August. In the meantime, snacks and drinks are available in a pop-up café by the fireside.

Enter the name the café competition to win a \$50 food and drinks voucher!

You are invited to suggest a new name for your new look café. Submit your entry in the suggestion box near Reception or by emailing jeconomos@abh.org.au Open to residents, families and staff. Entries close August 9th.



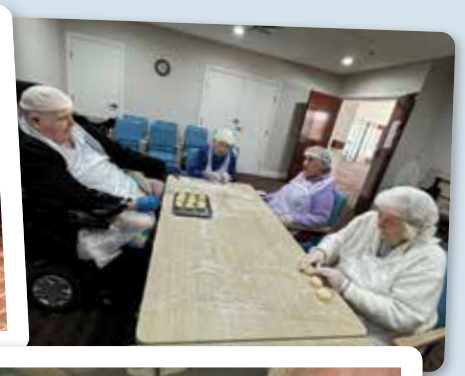
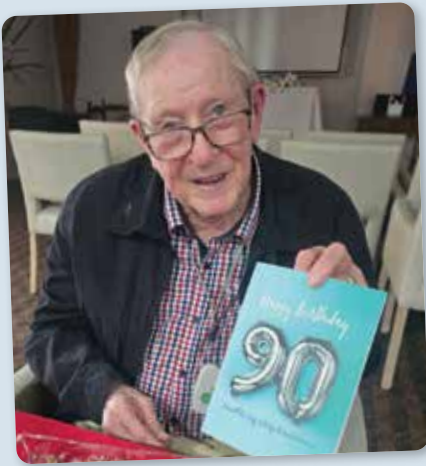
New coffee blend at the pop-up café

We are excited to share that we are now serving a new delicious coffee blend by Schibello. This six-bean blend is rich and complex, giving depth to its flavour and a warm spiciness to its aroma. With malt, chocolate and blueberry notes this coffee has a silky body, and a perfect smooth finish. Come on in and enjoy!

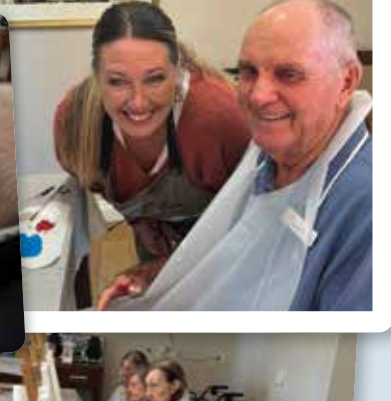
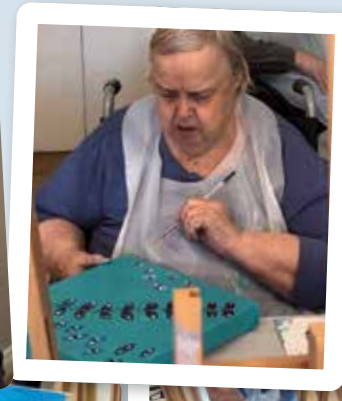


ALL IN A DAY'S ACTIVITY AT ABH

Congratulations to resident Frank who turned 90 in July!



Our recent relaxed art class was booked out! Led by Little Lane Workshops, this activity was extremely popular with our residents who created vibrant acrylic artworks. Look out for the exhibition of some of our work at Reception. More group sessions, and one on ones – are in the planning stage.





Say hello to...

BETHEL HOME CARE CLIENT ROB

A special thank you to Rob for welcoming us into his home for a cup of tea and chat about his life and career! Rob and his wife are part of our Bethel Home Care client community.

Were you born in Australia?

I was born in Manchester, England. At only 6 weeks of age, I was taken to Northern Burma with my family. My father was an engineer and my mother a housewife.

What are some of your earliest memories?

I recall hanging out with my older brother Michael. We had a pet banana monkey called Sinbad and a rescued brown bear cub, called Sally who we tube fed to keep her alive. Eventually Sally got too big and was rehomed at Rangoon Zoo. When I was about 4 years old, we moved to India.

What did you do for work?

At 19 I joined RAF for 3 years, then I joined the merchant navy and became a Radio Officer. My dream was to become a Deck Officer, overseeing the deck of the ship. I realised this dream in 1956. I was in the merchant navy for 39 years. Satellite equipment ended the role of Radio Officer.



What are some of your strongest memories during your time in the merchant navy?

In 1962, I recall several incidences when sailing on a ship between the United Arab Republic and West Pakistan, through the Arabian Sea. First, 3 large waterspouts spurted upwards, about a mile from the starboard beam. At 5pm, we heard a very loud noise. We rushed to see lots of chunks of ice the size of mangoes falling from the sky. A few hours later I was called out on deck. The sea had a purple glow, bright enough to be able to read by. Later we learnt the cause. The Gulf temperature was 110 degrees F. This caused the spouts, drawing thousands



Above: HMS Warrior.



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of tons of water above a frozen zone, scattering it miles over the sea. The sea which was full of bioluminescent plankton which glows when disturbed. I'll never forget it!

I also remember vividly our goodwill tour on the HMS Warrior, an aircraft carrier.

The places we visited included New Zealand, Chile, Argentina, Brazil, and the Falkland Islands. At the Falkland's I have lots of best kept secrets including fights with some locals, and the sinking of our Captain's Barge which had to be glued back together.

One of my strongest memories was being in the vicinity of Christmas Island as part of Operation Grapple, when 3 hydrogen bombs (1, 3 and 5 megatons) were tested.

What was the place you enjoyed travelling to the most?

I loved Lucerne in Switzerland, especially the lion monument carved into the rock. This commemorates Swiss Guards killed in 1792 during the French Revolution.

What hobbies have you enjoyed the most?

I loved making and repairing models, including model boats. I'm just finishing making a solar powered display case for my son to display a model ship. I also enjoy reading but it takes me a bit longer to finish books these days.

Can you share a little about your family.

I've been married to Nita my wife for 60 years. We have 6 children, 15 wonderful grandchildren and 3 great-grandchildren. Nita is also keen reader and a talented

gardener. She planted everything in our beautiful garden which attracts so many birds including 2 crested pigeons, 6 magpies, kookaburra's, butcher birds and even tawny frogmouths.

We love our cups of tea together in the morning, visits from our family and our Bethel Home Care support worker, reading and our garden.



Top: Project Grapple. Bottom: Lucerne's Lion Monument.



WE REMEMBER

This July we held a Memorial service to remember, honour and celebrate the lives and legacy of our loved ones, no longer with our ABH family. Family members, friends, residents and staff all attended.

We remembered different aspects of their personalities and moments shared that continue to impact and influence those left behind, their spirituality, the little and big things that gave meaning to their lives and pursuit for relationship with a higher being through prayer and scripture. We spoke about the poetry and music they enjoyed and their beautiful connections with others. All this in celebration of their lives.

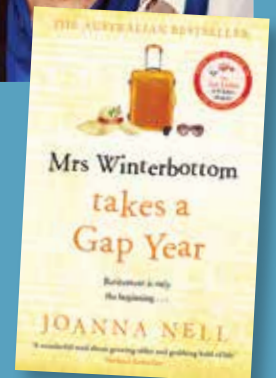


What are you reading?

Our wonderful resident and avid reader Rita recently finished a novel by talented author Joanna Nell. It's the story of longtime married doctors Alan and Heather who own a medical practice. We asked Rita what she thought about the book.

"I loved it. The main character Mrs Winterbottom and her husband sell their medical practice and retire at the same time. They have lived their whole lives working together but not really talking about things that mattered to them and didn't really know each other or understand one another's needs. Mrs Winterbottom is like many women of a certain age. She neglected to seek out time for herself. In retirement, she and her husband find out that they are looking for different things. He wants to reconnect with nature, and she wants to travel. The story involves growth and understanding between two people."

Rita said that the book was very well written. She was hooked from page one. Rita would recommend this easy read and has already passed it on to family members.





Physio Team News

As Spring gets closer, there's no better time to go outside for some fresh air!

There are many benefits to walking outside for the body and mind.

Two of our residents who love to go outside and walk together, are Peter T and David M. David says "I used to do a lot of bushwalking and I may not be able to do as much as I used to but it's still great to get out and about." Peter shares that "I've walked all my life. We did a lot of walking starting when I was young, and I have always enjoyed walking. It doesn't matter where I walk, I will always enjoy it."

Walking is a wonderful way to maintain or improve your overall health. Just 30 minutes of walking a day can increase your cardiovascular fitness, improve balance, decrease excess body fat, strengthen bones and improve muscle endurance and power. Walking may also reduce your risk of developing

chronic conditions such as heart disease, Type 2 Diabetes, osteoporosis and even some cancers.

Walking is a low impact activity wonderful for those who have not exercised for a long period of time or are overweight. It doesn't have to be done vigorously or for long periods of time to see some benefits.

Here at Ashfield Baptist homes, we have regular walking groups which allow for not only a physical workout, but also an opportunity to socialize with residents and staff alike. If this is something you are interested in doing, there is no better time than now to brush off those walking shoes and get some fresh spring air.

**Angela and Jenkin
ABH Physio Team**



Left: David M and Peter T on their daily walk.



Right: Lanni with her two sons.

Staff profile

LANNI, RECREATIONAL ACTIVITY OFFICER

Where did you grow up?

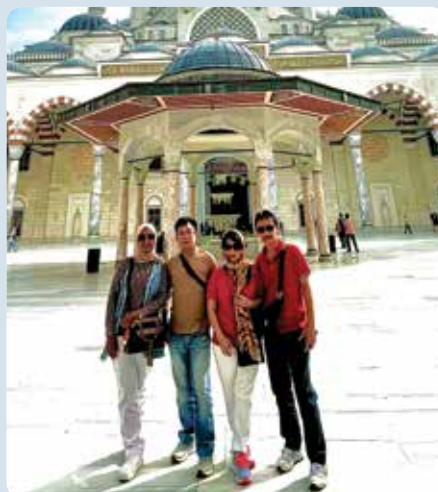
I was born and raised in Bandung, Indonesia, a 30-minute trip via bullet train from Jakarta, the capital city of Indonesia. I was in my twenties when I left Indonesia and came to Sydney to study. My two brothers Tommy and Robby were in Sydney already, and we all studied and worked together. Not long after, I met my husband Roes and decided to stay.

Tell us about your family.

I come from a big family, made up of 6 siblings, with 4 brothers and 1 sister. I am the 4th child. My father had a business back in Indonesia, a shared taxi (minibus) business. When I was growing up, there was no train in my city (only in the capital city Jakarta) so people would catch the shared taxi or bus to go to places.



Left: Lanni with her parents and siblings



Centre: travelling with her family in Istanbul.



Right: In Rome.

My mum was a busy housewife focused on raising the family. All my siblings are still in Indonesia and we're still in regular contact. I try to go back to visit my family twice a year. My husband is also from Indonesia, unlike me, he has a lot of relatives in Australia.

We have two adult children; my eldest son Julian works at Legal Aid Australia and my second son Jonathan is an RN at Royal Prince Alfred hospital.

Tell us about your career.

I started working as a secretary back in Indonesia and came to Australia to study for a Diploma of Business Management whilst working in administration in Bondi.

I got married and stopped working when I had children. When they started school, I started again as a QC in a dyeing company for 2 years.



Above left: With her dance group performing for charity events. Right: Bunnings Sausage Sizzle fundraisers.

I also worked as an Administration Officer, and occasionally, as a relieving RAO at Wallgrove Aged Care Lakemba for about 12 years. During my employment there, I gained my Diploma of Health Counselling, Cert IV in Aged Care and Cert IV in Leisure and Health. Then, I became a full time RAO in 2019.

Briefly, in 2021 I also had a role as a home care/NDIS support worker, but I enjoy the interactions working in Aged Care much more. I started working as RAO at ABH in June 2021 and I really enjoy working with our lovely residents.

Ideal holiday destination

I've travelled to many places; my husband and I love travelling.

We've visited the USA and Canada, Europe, NZ and a few countries in Asia. I travel a lot with my brothers too. Last year we travelled to Turkey and Japan together. My dream is to visit Lapland to see the Aurora Borealis (Northern Lights).

What do you love doing?

My weekends are always hectic as they're normally filled with all sorts of events. I'm involved in a lot of charity work, as

we have a lot of fundraising events at my Church to raise money. We fundraise in the community and the money gets donated to orphanages and missionaries in Indonesia, sometimes in Pakistan and the Philippines; we often do sausage sizzle at Bunnings about 5 times a year. I also do public speaking in my community.

My hobbies include dancing, singing, watching movies, walking and swimming, I also do regular performances for charity events, and other celebrations.

If you could meet anyone, who would it be?

My mom passed away in 2022, it was very sudden, she'd been planning a trip here so it was a big shock, I would love to meet her again.

Life's biggest inspiration.

My charity work is my biggest inspiration, I find it very fulfilling being able to serve the community. My dad was a very good role model when I was growing up, he treated everyone the same. I learned how to behave by watching him.

Three words to describe you.

Cheerful, easy-going and I get along with everyone.



VOLUNTEER CORNER

MEET NERIDA CHEDRA

I was born into a small farming community in country NSW in Bribbaree (near Young) where we farmed sheep, cattle, pigs and grain crops. My mother and father were both very involved in the local school and community groups (such as the Show committee, Tennis Club, Country Women's Association etc) and we attended our very tiny Lutheran Church once a fortnight where my grandmother would play the pedal organ. So, volunteering has been a way of life for me. I'm so grateful for this as it has impacted what I prioritise day to day.

As a teenager, I attended Youth Camps run by the Lutheran Youth of NSW and committed my life to Jesus at Easter Camp when I was about 14 years old. In my final year at Young High School, I was voted in as the female school captain, which was a great honour, so I have had a good amount of public speaking experience. I decided to do a course in Enrolled Nursing as a "gap year" after my HSC, and following that, I needed to find work in Sydney as there was little opportunity for work in regional NSW at the time. I got a job at Lourantos Village, an aged care facility in Lakemba run by St Basil's Homes, and saved up so I could pay my way through university when I started my Bachelor of Nursing in 1993.

When I moved to Sydney, I was a boarder at Grove's Lodge run by Dulwich Hill Baptist, and I started attending Ashfield Baptist Church with some of my housemates the first night I moved in.



I was later baptised by immersion at Ashfield Baptist, met my husband George & we got married there in April 1996 and now have 4 children - Joanna (22), Dylan (20), Annisa (19) and Evelyn (17). We live nearby to ABH in Ashbury, so it is an easy distance to attend each month. I currently work part-time as a Clinical Nurse Specialist in Anaesthetics at Royal Prince Alfred Hospital; and as part-time Chaplain at the Integricare Early Learning Centre in Ashfield (formerly Ashfield Baptist Childcare). Our eldest daughter, Joanna has Down Syndrome and autism, so this is the main reason I work in part-time roles, as it can be challenging to fit work around family sometimes. I also love gardening and sewing, knitting and doing craft - hobbies are great therapy!

Over the many years I have been a member at Ashfield Baptist Church, I have served in various volunteer capacities - such as music/singing, Deacon/Treasurer, Craft groups, Creche/ Sunday School/Youth, Childcare Committee of Management, and the Op Shop/Cafe & Blessing Box (community food pantry) ministries.



Left: Nerida and daughter Joanna. Right: Nerida and her family.

When Chaplain Ruth made a call out for volunteers to run the ABH Chapel Service, I decided to give it a go. As I had already learned to play some hymns and songs on the ukulele in my Chaplain role at the Childcare, I thought that this might be a helpful way to enhance worship with the elderly also, so I started leading monthly services from November 2022. I think the folk at ABH like the ukulele, although I am by no means an expert, and they are very gracious and don't notice all the mistakes I make; but if I don't bring it along, they make me promise to bring it the next time I come! It is an honour and privilege to be able to serve my elderly brothers and sisters at ABH; my own father is now 91 and lives in an aged care facility in Cootamundra, so I often think of him as I lead the services.

I love the variety of roles that I have in my life and all the different people I encounter every day. Building connection & community, sharing my faith and improving people's quality of life through different channels is truly rewarding! I feel blessed to have had a strong foundation in faith, family and community, and to share that in many ways to those around me through volunteering.

Happy BIRTHDAY!

August

- Aug 12 David M
- Aug 12 Gladys S
- Aug 12 Ruth P
- Aug 13 Greg M
- Aug 13 Silvana D
- Aug 15 Eileen B
- Aug 16 Vonnie C
- Aug 19 Caterina L
- Aug 25 George B
- Aug 31 Heather T

September

- Sept 1 Frank P
- Sept 1 Joan T
- Sept 4 Elaine M
- Sept 4 Marcia M
- Sept 8 Elizabeth M
- Sept 9 Shu Xing H
- Sept 16 Angela L
- Sept 27 Carole H



Reflections WE REMEMBER...

From our Memorial service, we share an excerpt on “Engaging Grief with Hope” by Christine Chappell:

“Grief can often feel like a bully. It’s not uncommon for those who have suffered the loss of a loved one to be overtaken by waves of sorrow when they least expect it. Sometimes it’s a simple sight or smell that brings us to our knees; we’ll find ourselves head-in-hand, weeping as if the loss happened afresh.

These moments are a stark reminder of the brokenness and pain that ravishes this world, and they expose the tender scars which emboss our bereaved, broken hearts.

When grief invades our day, it’s disorienting. Grief floods our memories as blood to a wound—we loved, we lost, and we’re made to feel the reality of it once again.

Even though grief can be aggressive, pushing it back is not helpful. Grief doesn’t demand to be overcome—it brashly appeals to our hearts, crying, Hear me! This hurts! In short, grief requests our engagement.

While some may choose to silence their sorrows through self-medication, followers of Christ are called to engage their grief with hope. Christian hope is not meant to cancel out our griefs and sorrows but is meant to sustain and comfort us in them and ultimately redeem us from them.”

*HOPE WITHOUT GRIEF IS UNSUSTAINABLE
GRIEF WITHOUT HOPE IS UNINFORMED*

August 2024

Sunday Services

4th, 11th, 18th, 25th
9:30 am

Devotional Service

14th @ 9:30 am

Communion & Devotional Service

28th @ 11:00 am

Catholic Mass

6th, 20th @ 9:30 am

Greek Orthodox

Mass / Pastoral visits

22nd @ 10:00 am

September 2024

Sunday Services

1st, 8th, 15th, 22nd, 29th
9:30 am

Devotional Service

11th @ 9:30 am

Communion & Devotional Service

25th @ 11:00 am

Catholic Mass

3rd, 17th @ 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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