



# The Heartbeat

Ashfield Baptist Homes has a long and proud history of providing care and services to those who need it. We are delighted to launch our latest offering to our care suite, The Cunningham retirement living, to the broader Ashfield community. Our development application has been approved by Council and we are currently tendering for a builder and confirming our shortlist. We are also in the final stages of tweaking the design and landscaping to ensure it meets community needs and expectations. Our official launch date is 12th February 2025.

Retirement living adds to our continuum of care already on offer, whether respite, residential, in-home or day care. To celebrate our 75th year of operation, we are offering the first 10 residents of The Cunningham a moving-in package valued at \$1000. It can go to removalist fees, new white goods, new furniture or anything to help settle into your new home.

Thanks to everyone who gave input to our new strategic plan. We have collated all feedback and made adjustments to the wording, increasing the emphasis on resident profile and enhancing governance structures.

The ABH Board have signed it off and changes will be made public post the October AGM. My door is always open for any feedback or comments.

**Leigh**



*Above: Hannah and Naftal. Hannah lives at nearby Cardinal Freeman village and visits Naftal regularly for morning tea and lunch.*

## Coming up...

### October

#### Armchair travel to Germany



**1st** - unclaimed clothing collection (Cinema)

**w/c 14th** - Resident 75th Celebrations

**15th** - Del Ryan Entertainment

**21st** - Residents Meeting

**29th** - Karl Irving Entertainment

**30th** - Be Kind Day

### November

#### Giddy Up!



**1st** - Miniature Horses visit & Resident Melbourne Cup BBQ

**5th** - unclaimed clothing collection (Cinema)

**18th** - Consumer Advisory body meeting (replaces Resident meeting)

**19th** - Ron Ashton Entertainment

**27th** - Be Kind Day

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



## Volunteer Corner

Our ABH volunteers deserve to be recognised and appreciated. Our team of about 20 volunteers are involved in supporting the Spiritual wellbeing of our residents through one on one and group interactions.

Our very own Gordon Torry was celebrated in the 2024 Mid-Western Sydney Volunteer of the Year Award ceremony- nominated in the Senior Volunteer category.

The NSW Volunteer of the Year Awards celebrate the work of thousands of individuals and volunteer teams from a diverse range of organisations across the state.

The 2024 Mid-Western Sydney Volunteer of the Year award went to Geoff Bain. He gives his time to transport seriously ill children living in remote and Regional NSW to life saving medical appointments for the Little Wings organisation.



*Above: Gordon receiving his award.*

### New Starters

A big welcome to the following new staff who have recently joined the ABH team.

Pramila S (RN)

Nerrisa S (Carer)

Peter John M (Bus driver Wed/Fri)

Patricia R (Executive assistant to CE)

Busayo O (Weekend Receptionist)

Oliver W (Accountant)

## PRATTEN STAFF ON TOUR!

Three staff in Pratten – Sook, Loc and Manisha – recently met up in Vietnam on holidays with their families, and an amazing time was had by all accounts!



*Welcome to Peter, our Wednesday and Friday driver. The bus will still go out with lifestyle staff on other days.*

## PHYSIO TEAM NEWS

The Physio and Lifestyle department have been fortunate to have Allied Health Assistant Tafe student Jennifer Chan come to Ashfield Baptist Homes for her 120 hours of placement. Jennifer comes from Hong Kong and moved to Sydney 6 months ago to pursue her education. She has a passion for endurance running and enjoys running marathons!

She would like to be an Occupational Therapist as she enjoys the ability to come up with ideas to help people. She enjoys working in a multidisciplinary team setting and has spent her time here between both Lifestyle and Physiotherapy departments.



Above: Jennifer interviewing David.

“I have enjoyed my time at ABH and have learnt a lot, both from my educators but also from the residents. Some of my favourite things I have done include interviewing the residents and have enjoyed hearing about their stories and experiences.” We would like to thank Jennifer for her hard work and hope she has gained a lot of knowledge and experience with her time here.

**ABH Physio Team**

## ABH TEAMS UP WITH CHILDREN FROM ASHBURY PUBLIC

Indigenous artists Charmaine and Jason from Mumbulla ran a native bird art workshop at Ashbury Public with some talented junior artists. The brief was to produce images of all five native birds selected as names for each building at the new Cunningham Retirement Village complex. The five birds are

- Rosella / guma
- Kookaburra / googaburra
- Ground Parrot / wangawang
- Black Swan / mulgu and
- Sulphur crested cockatoo / garraway

Mumbulla are creating a giant statement piece of artwork using the pictures to go in the lobby.





## STANDARD 7 – RESIDENTIAL COMMUNITY

### I CONTRIBUTE TO THE COMMUNITY I LIVE IN

The intent of the strengthened Aged Care Quality Standard focuses on daily living and transitions.

When people move into a residential service, the residential community becomes a central feature of their lives. This revised Standard (currently in Draft form) recognises it is critical that our residents feel safe and at home in the residential community, have opportunities to do things that are meaningful to them and are supported to maintain connections with people important to them.

At ABH we have been reviewing our lifestyle program and seeking feedback and expressions of interest for new activities such as joining a choir and going on a trip to Sydney Zoo.

As well as one off events and activities in line with seasonal and cultural events, we offer a breadth of activities that

activities wherever possible and desired.

Research has shown that participating in group activities can improve mental health and wellbeing. However, when residents prefer more quiet or alone time, we also offer one on one activities in a resident's room or in specifically designed quiet corners throughout our ABH building, such as light-filled places for reading, puzzle tables or places to use the computer.

Residents also meet regularly to discuss what improvements or changes they would like our Lifestyle Team to explore. Feedback and ideas at our Resident meetings and Consumer Advisory forums are always welcome and encouraged.

Table games



Arts, craft, and cooking



Guided walks





### Coffee club



### Parachute play

A fun and popular parachute game where residents hold the end of a giant parachute and attempt to roll the ball from one side to the other without dropping the ball.

### Floor games



### Animal visits

One on one interactions with animals including dogs, therapy horse and miniature ponies.



### Interactive music sessions

### Bus excursions



### Reminiscence

Reminiscence is encouraged at all group activities as an instigation for conversation and build friendships

### Group exercise



### Live entertainment





Say hello to...

## RESIDENT DAVID MITTELHEUSER

**I've lived at ABH for a year.** Prior to this, I lived in Strathfield where my wife Elaine and I raised our family of three children. Elaine lives at ABH as well.

**My father came from a cane farm in Queensland** and went to university in Brisbane. He was an industrial engineer, working for Nestlé. My mother was born in New Zealand and moved to Rockhampton as a child. My parents met in Brisbane and were married there. My mother was a talker! She looked after the family, was a first class cook and did community work, such as Pink Ladies at Canterbury Hospital. I especially loved her roast dinners, and creamy rice pudding. She also baked great sponge cakes. We used to go on the train to Queensland for our holidays to see our grandparents – my father and the two boys on the top bunk and my mother and two girls on the lower bunk. We certainly filled up the carriage!

**I was born in Sydney**, in the eastern suburbs and my family lived in Randwick,

before we moved to Belmore. I am the oldest of four siblings, and have two sisters and a brother. I attended Canterbury Boys High School, just down the road from ABH in Holden Street, Ashbury.

**I went to the University of NSW and studied civil engineering.** There have been a lot of changes in the industry through the years. The introduction of computers was the most dramatic. I worked at the NSW Department of Water Resources my whole life, and I consulted in Asia Minor, China, and Uzbekistan, which also gave me travel opportunities to these regions. One of my career highlights was as National Chairman of the Water Resources Commission, managing sustainable water resources.

**Elaine and I met through a church youth group** at St. Philip's Campsie, where we also were married. We spent a lot of time together doing activities through the church, and we saw a lot of both our parents as they lived locally.



Far left: David and Elaine.  
Right: David and his three children.



*Above left: All the grandkids. Above right: Walking with Peter.*

**Elaine and I have three children:** Elise, Justine, and Adam, who each have partners Tony, Bruce, Liat and children Emmy, Max, Tully, Malakai and Elka. We have watched our children and grandchildren grow and spent many precious hours celebrating their academic, musical and sporting pursuits, along with family lunches and dinners for birthdays, Easters and Christmases. We also travelled to the UK, France, NZ, South Africa, Uganda and within Australia.

**I enjoyed working on charity committees** such as Probus and doing various activities with Probus. I am also a member of a male carers group whose wives have dementia.

**I have been a sports fanatic my whole life,** playing and watching. I played rugby, soccer, tennis, squash, and cricket competitively. I still watch cricket, rugby union and rugby league – I go for the Canterbury Bulldogs.

**I like living at ABH** and seeing my friends Barry, Vince and John regularly, whose wives live here. I made friends with Les and we play cards once a week with Rita and Kitty, games like Euchre. I also go walking most days with Peter. We chat about everything. I also have visits from George, childhood friends John, Les and Joan, and my sister Janelle, and we make use of the onsite café or nearby Three Tomatoes Café. I get to see Elaine every day and generally just do my best. I am not sure how I would describe myself, but my grandchildren just gave me a Father's Day card telling me I'm amazing, so I'll take that!

## NEW DAYCARE CENTRE AT ABH

We're delighted to have opened our new daycare centre here at ABH for clients currently living in their family homes.

It's a great opportunity for clients to spend the day with us, make new friends, and enjoy a day full of fun activities. Day care can be used to help increase connectivity for seniors living by themselves, plus provide carer respite in a safe and supported environment.

Craft, live entertainment, games, reminiscence, bus trips and much more are on offer.

Daily fees apply either from a home care package or privately.

Enquiries can be sent to [mpistevos@abh.org.au](mailto:mpistevos@abh.org.au).



*Above: Tasia enjoying a day out at ABH with carer Ruth.*



## Staff profile

### ANJALI UPADHYAY, PAYROLL OFFICER

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

I was fortunate enough to be born in the bustling city of Vadodara, Gujarat, India. Known for its rich cultural heritage, historical landmarks, and vibrant atmosphere, Vadodara has played a significant role in shaping my life. As a city renowned for its vibrant Garba celebrations during Navratri, I grew up surrounded by the infectious energy and joy of this traditional dance form.

#### *How did you meet your husband?*

My husband Mahir and I are childhood friends, we have known each other since birth. It was an arranged marriage, connected by my mother-in-law. After getting married in January 2020, we lived in India for over two years, in the dynamic metropolis of Mumbai. The city's energetic ambiance and endless possibilities quickly captivated me. Mumbai offered a stark contrast to my hometown of Vadodara. We came

to Sydney in August 2022. We live in Westmead and have three uncles all living here who support us in every way.

#### *Tell us about your family.*

My family consists of my father, mother, and younger brother. My father is an accountant with a sharp mind for numbers, my mother is a primary teacher, and my brother is pursuing a master's degree in fintech.

#### *Tell us about your career*

I've been working at ABH for two years. Prior to that I completed my bachelor's and master's degree in commerce.

My career has primarily focused on accounting and finance, with a particular emphasis currently on payroll administration. In the future, I aspire to become a Certified Public Accountant.

#### *Ideal holiday destination*

Europe - with its rich history, diverse cultures, and stunning landscapes. The



From left: Anjali and Mahir as children; with her parents; with her in-laws.





*Above: Anjali and Mahir's wedding day; with her parents and brother.*

Eiffel Tower in Paris, the Colosseum in Rome, the Swiss Alps, and the iconic Big Ben in London all evoke images of grandeur, beauty, and cultural significance.

*What do you love doing?*

I love exploring new places and immersing myself in different cultures. Traveling allows me to broaden my horizons and learn about the world. I also enjoy watching sunsets, as they offer a sense of peace and tranquility. When I have some downtime, I like to shop, whether it's for clothes, books, or souvenirs. And occasionally, I'll binge-watch a good series or movie to relax and unwind.

*What is something people would never guess about you?*

My age.

*If you could meet anyone, who would it be?*

My grandpa. He passed away before I was born. I've heard so many wonderful stories about him from my parents, and I've always wondered what it would be like to have him in my life.

*Life's biggest inspiration?*

My mom and dad. Their unwavering love, support, and guidance have shaped who I am today. They taught me the importance of hard work, resilience, and kindness.

*Three words to describe you?*

Kind, supportive, reliable.

*Happy*  
**BIRTHDAY!**

*October*

- Oct 1 . . . . . Gloria K
- Oct 1 . . . . . Gaetan Z
- Oct 5 . . . . . Shirley C
- Oct 7 . . . . . Tsang C
- Oct 8 . . . . . Tonka T
- Oct 14 . . . . . Mary H
- Oct 14 . . . . . David T
- Oct 19 . . . . . Katina M
- Oct 20 . . . . . Stephen H
- Oct 25 . . . . . Naftal S
- Oct 25 . . . . . Angela S
- Oct 25 . . . . . Peter T
- Oct 28 . . . . . Maria Z
- Oct 30 . . . . . Fei Lang L

*November*

- Nov 7 . . . . . Dorothy M
- Nov 15 . . . . . Kalliope B
- Nov 15 . . . . . Anna S
- Nov 18 . . . . . Doug C
- Nov 19 . . . . . Pamela G
- Nov 22 . . . . . Michael R
- Nov 24 . . . . . Julie S
- Nov 24 . . . . . Thomas T
- Nov 27 . . . . . Rosaria M
- Nov 28 . . . . . Melville M
- Nov 29 . . . . . Joyce C
- Nov 29 . . . . . Michael N

**CONGRATULATIONS  
NAFTAL & DOROTHY,  
BOTH TURNING**

**100!**





## Travel tales of care

Communications Manager Liz Foster recently went on a road trip through the UK, staying at bed and breakfasts and with family friends, and came across some unexpected care history along the way.

### FLORENCE NIGHTINGALE

One of the places I booked was in Derbyshire, called the Florence Nightingale Rooms. Nightingale was from the area so I didn't think much of it, until we arrived and found ourselves actually staying in her childhood home – a beautiful Tudor country house called Lea Hurst, stunningly preserved by the current owners. The current owner, an amateur historian and Nightingale enthusiast, spoke of her devotion to serve, a calling which was founded on her visits to local tenants to administer to the poor and sick.

Nightingale's attempts to seek nurse's training were thwarted by her family as an inappropriate activity for a woman of her stature. Despite family reservations, she was eventually able to enrol at the Institution of Protestant Deaconesses in Germany for training, where she learned basic nursing skills, the importance of patient observation, and the value of good hospital organization.

Florence (so named because she was born in Florence, Italy) was well connected to Parliament through her family and education, and wrote letters to the prime minister demanding supplies and support to establish nursing care throughout the Crimean War. She spent many hours in the wards giving personal care to the wounded, establishing her image as the "Lady with the Lamp." Her efforts to formalize nursing education led her to establish the first scientifically based nursing school—the Nightingale School of Nursing, at St. Thomas' Hospital in London in 1860. She also was instrumental in setting up training for midwives and nurses in workhouse infirmaries. She was the first woman awarded the Order of Merit (1907). International Nurses Day, observed annually on May 12, commemorates her birth and celebrates the important role of nurses in health care.





Florence Nightingale nursed her own mother's last days in the house where we stayed. She viewed her particular calling as reducing human suffering. Nursing seemed the suitable route to serve both God and humankind. And we are all very grateful for her service.

### ROYAL SURGEONS' COVID MEMORIAL

Further north still, in Scotland, we visited the Surgeon's Hall Museum, a fascinating place full of medical artefacts and grotesquely preserved body parts resembling fairground side shows from a century or more ago. (I really recommend it if you're ever in Edinburgh!)

One of the nicest things about this very old museum, whose collections have grown since 1699, was the very new sculptures erected at the front.

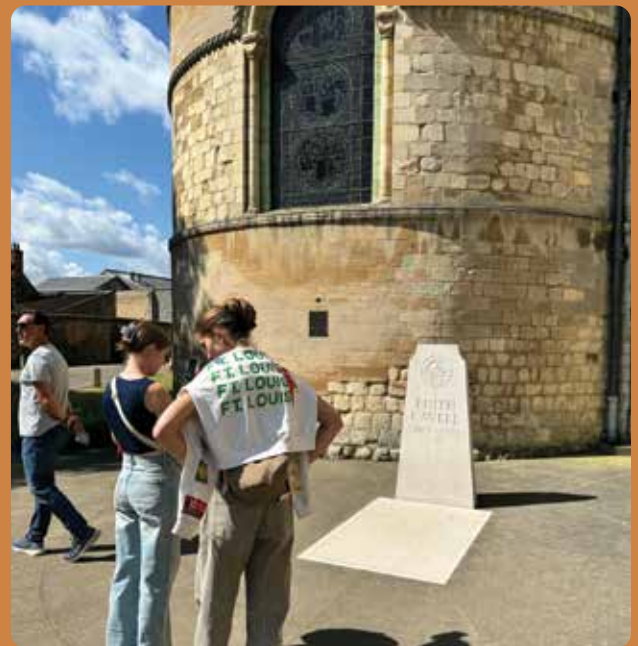
Believed to be the first memorial in Scotland dedicated to NHS staff who worked through Covid-19, it marks the compassion and resilience of NHS staff during this period, depicting 4 healthcare workers in scrubs as they experience a moment of reflection at the end of a shift after working with Covid patients.



### EDITH CAVELL

On our road trip further north, we also visited Norwich Cathedral, where another nursing war heroine is interred. Born in 1865, Edith Cavell went on to become a pioneer of professional nursing training in Brussels, nursing soldiers from both sides during the war in occupied Belgium. She worked with the Belgian underground resistance to shelter over 200 Allied soldiers, helping them escape to neutral Holland. For this she was shot by German soldiers on 12 October 1915.

The night before her execution, she famously said: *"Standing as I do in view of God and eternity, I realise that patriotism is not enough. I must have no hatred or bitterness for anyone."*



From left: Liz in Florence's childhood bedroom; Liz's family at Lea Hurst; Royal Surgeons' Covid Memorial. Above: Edith Cavell's grave.



## *Reflections* Ruth Njogah, Chaplain

Former US President Jimmy Carter said, *“My faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can, with whatever I have, to try to make a difference.”*

I am often curious about who has had the greatest impact in my life. In the same breath, I wonder how impactful my life is- both in the past and the present.

Parents, grandparents, teachers, family friends, colleagues, you and I, have the potential to leave an abiding impression on another. The warm hand that reaches out through kindness and the ear that listens in is what our dying, poor, sick and afflicted world craves for today.

Making a difference in another’s life requires compassion. Our Spiritual Care volunteers continue to give meaning to our residents in this season of their lives.



*Left: Ruth and our Greek Orthodox minister chatting with Carole.*

### **Sunday Services**

Oct 6th, 13th, 20th, 27th  
Nov 3rd, 10th, 17th, 24th  
9:30 am

### **Devotional Service**

Oct 9th, 23rd @ 9:30 am  
Nov 13th @ 9:30 am

### **Communion & Devotional Service**

Oct 30th @ 11:00 am  
Nov 27th @ 11:00 am

### **Catholic Mass**

Oct 1st, 15th @ 9:30 am  
Nov 5th, 19th @ 9:30 am

### **Greek Orthodox Mass / Pastoral visits**

Oct 22nd @ 10:00 am

### **Volunteer Social Visits & Music**

Weekly/Bi-weekly

### **Pastoral support**

Upon request  
(Ashfield Baptist Church, Earlwood Baptist Church, St. Brigid’s, Lewisham Parish, St. Nectarios Burwood)

### **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**

**T:** 02 9797 3600 **E:** [info@abh.org.au](mailto:info@abh.org.au)

**W:** [www.abh.org.au](http://www.abh.org.au)

### **Bethel Home Care**

**T:** 02 9797 3600 **E:** [info@abh.org.au](mailto:info@abh.org.au)

**W:** [www.abh.org.au/home-care-services/](http://www.abh.org.au/home-care-services/)

**F:** [www.facebook.com/ashfieldbh](http://www.facebook.com/ashfieldbh)

31 Clissold Street, Ashfield NSW 2131