

Dec/Jan 2024-2025

Ashfield  
Baptist Homes  
*Caring for life*

# The Heartbeat

In October, our staff, volunteers and invited guests celebrated our 75th birthday in style at Canterbury Leagues Club, complete with fabulous food, entertainment and dancing. What a wonderful night this was, bringing together so much love, joy and camaraderie. Special thanks to resident Rita for cutting the cake.

This year staff have been immersed in an exercise thinking about the values of Ashfield Baptist Homes. These are not simply words on a poster or badge; they are doing words, embedded into our whole culture. Staff have been breathing life into what these values mean in practice. The exercises demonstrate how ABH's values align to individual and collective values and identify synergies between the two. Congratulations to all our well-deserved recipients of our 2024 Values Awards and thanks to everyone who nominated a staff member - nominations increased by sixteen percent versus last year.

Wishing each and every one of you a happy, peaceful and safe festive season and new beginnings for 2025.

**Leigh**



*Above: Residents enjoying a trip to Auburn Japanese Gardens.*

## *Coming up...*

### **December**

- 2nd** – Intergenerational visit, Canterbury City Childcare
- 3rd** – Community Choir 1.30pm
- 4th** – Santa Photos 10am – all family members welcome!
- 6th** – Residents Fire Training 2.30pm
- 7th** – Leichhardt Choir 10.00am
- 8th** – Uniting Church Choir 1.30pm
- 10th** – Cardinal Freeman ukulele Group 2.00pm
- 12th** – Intergenerational visit
- 16th** – Intergenerational visit
- 17th** – Fiona Howe Entertainment 10.30am
- 17th** – Burwood Choir 5.30pm
- 19th** – Residents' Christmas Lunch with entertainers in each area
- 21st** – ABC Choir 10.30am
- 24th** – Christmas Eve Service ABC 11.00am

### **January**

- 14th** – Dale Ryan Entertainment 10:30am

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



## STAFF SERVICE Awards

Every year we celebrate staff who have been part of the ABH family by recognising their employment longevity and loyalty to our community. Congratulations to all staff who were recognised at this year's awards, personally handed out by our CE Leigh in November. Each milestone recipient receives a gift voucher and a new staff badge recognising their years of service.

### FIVE YEARS

- Zoe M
- Liz F
- Sook J
- Pabina R
- Sarita P
- Barsha C (not pictured)



### TEN YEARS

- Hawera D
- Smita T
- Patrick M
- Steven C
- Babita S-R



### FIFTEEN YEARS

- Yanet W
- Josephine C
- Morag M
- Shanti G-W (not pictured)



### TWENTY YEARS

- Miatta K



## PEOPLE & CULTURE

The People and Culture team reflect on the key successes and milestones of the year, highlighting stories, initiatives, and achievements to help shape our culture as a positive and proactive place to work. These include transitioning from shorter to longer shifts and an increase in full time staff hiring. We are offering Learning and Development Training and Programs for eligible team members including the Certificate IV in Leadership & Management, which is government-subsidized training.

The Bethel Home Care team continues its rapid expansion in line with our home care services offer, including a potential 25% workforce increase.

With the festive season fast approaching, we'd like to remind everyone of the importance of taking time to unwind and recharge. Whether it's spending quality time with family and friends, reflecting on the year's achievements, or simply enjoying some well-deserved rest, these moments are essential for maintaining a healthy work-life balance. We're focusing on themes of gratitude, growth, and connection. We also take a moment to recognise the extraordinary contributions of our staff, who offer person centred care around the clock.

### Brunch and Learn

Compulsory training for all staff at ABH covers everything from our workplace culture and values to managing elder abuse, cultural safety and cultural diversity. Staff get to know each other in cross functional pairs to workshop each mandatory area for working in aged care. Everyone writes one nice thing about their partner on a star which are all displayed outside the training room for the year.



Infection prevention and control within healthcare settings requires specific training to minimise the risk of transmission of infections and the development of antimicrobial resistance. ABH is sponsoring a fully funded Infection Prevention and Control program for one staff member including five days study leave.

Congratulations to Luna B, who is the recipient of this scholarship. Luna has commenced the training program, including onboarding with our current full time IPC Specialist Rama.



## ABH VALUES Awards

Every year we invite families, residents and staff to nominate staff members who embody one or more of our core values across all areas of our business. Respect, Integrity, Stewardship, Compassion and Excellence are enshrined in all that we do, from the ground up. We celebrate the unique and significant contribution of all our staff and congratulate all nominees.

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

- Respect** Treating people with dignity ..... *Nisha (RN)*
- Compassion** Responding sensitively to individual needs ..... *Julie F (Carer)*
- Excellence** Providing quality services ..... *Nitisha (RN)*
- Integrity** Being honest and fair ..... *Anjali (Admin)*
- Stewardship** Managing environmental & other resources responsibly. *Margaret (Admin)*



Top: Nisha and Julie accepting their awards. Bottom: Nitisha and Anjali. Opposite page: Margaret.



Special congratulations to the following staff:

**Respect**

*Nisha (RN)*

“Nisha is proactive and fosters positive relationships, creating a welcoming, collaborative environment. Her warmth and professionalism make her a highly valued and enjoyable team member to work with.”

**Compassion**

*Julie F (Carer)*

“Julie is a friendly, caring, and proactive advocate for both residents and colleagues, known for her patience and strong leadership. Julie works hard and supports others, earning appreciation from those around her.”

**Excellence**

*Nitisha (RN)*

“Nitisha shows deep respect for residents, consistently providing excellent, detailed clinical care. She builds strong rapport with residents and families and sets a positive example for her peers.”

**Integrity**

*Anjali*

“Anjali is a dedicated and hardworking professional who manages the stressful payroll task with calmness, focus, and confidentiality.”

**Stewardship**

*Margaret*

“Margaret is a respectful, inclusive, and committed leader who consistently uplifts all staff with encouraging feedback. She is honest, fair, and professional, making her a pleasure to work with.”



**NEW STARTERS  
(SINCE OCTOBER)**

**Bethel Home Care  
Support Workers**

- Chiemi H
- Sanjaya S
- Jacky M
- Michelle H
- Isabelle MF
- Asia A
- Musa M
- Dalva MK
- Sabin R
- Wenbing W

**Carers**

- Dulce C
- Luna M
- Thi Kim N
- Sangita B
- Pratima B
- Wenping L
- Gemma O

**Bethel Home Care  
Case Manager**

- Rebecca D

**EN**

- Mansi M

**RN**

- Yingqi L

**Café Staff**

- Ankush A

**Recreation**

**Activities Officer**

- Janice H



# Christmas AT ABH



Top row: Angela; Bill; Bonnie.

Middle row: Christmas Koala bringing gifts; Helen and four generations; cheeky staff.

Bottom row: Gaetan; Gretta; Helen; Christmas Elf hunting.



*The Heartbeat* Dec/Jan 2024-2025



Top row: Kevin O'C; Mary; Michael.

Middle row: Mario and four generations; Peter K; Rosaria.

Bottom row: Tony and family; Dulwich Hill Community Christmas Choir; Rosa.



## 75TH CELEBRATIONS WRAP UP

Everyone at ABH enjoyed celebrating our 75th birthday, which was especially wonderful as we missed out on 70th celebrations during the pandemic. Residents, families and home care clients enjoyed a special lunch and cupcakes galore, almost (but not quite) too pretty to eat. Our staff, board members and contractors celebrated in style at a function at Canterbury Leagues Club, with fabulous entertainment, amazing food and a special photo booth. Special thanks to resident Rita, who came along to cut the cake.

Thanks to everyone who bought raffle tickets in honour of this milestone. We raised almost \$3,000 which will all go towards the development of a unique and bespoke day care space for day respite clients.

We may have celebrated our official 75th birthday this year but our care legacy began in 1931 when Matron Ann Scurr founded Bethel Rest Home for Ladies on the site where ABH now sits.



*Top row from left: ABH Board Members; 75th cupcakes; Nancy cuts the residents' cake.  
Bottom row from left: Morag and Roshani; Rita cutting the cake; Staff enjoying the party.*



## VOLUNTEER CORNER

In appreciation of our 20 volunteers, we hosted a beautiful brunch and catchup time filled with lots of food, fun and heartfelt stories. It was beautiful to put to words what volunteering at ABH means for our team!

We deeply appreciate all our dedicated volunteers who support the wellbeing and spiritual care of our ABH residents. Their compassion, commitment, and presence provide invaluable comfort and guidance, enriching the lives of those they serve. Volunteer David is part of the Commonwealth helps Silvana connect with plants – they have their own special stand where they tend blueberry plants amongst others.



*From top, left to right: Ruth partying with Nerida; some of the ABH volunteer team; resident Helen, taken by her volunteer visitor; our 75th celebrations thank-you brunch; Silvana and regular volunteer David from the Commonwealth Home Support Program who helps her grow blueberries; Sister Rosana from St. Brigid's Marrickville and resident Frank.*





## Take 5 WITH DOROTHY MCQUEEN

### Celebrating

I've just turned 100 – longevity runs in our family, my mother lived to 101. Look how erect she is in these photos, not a walking frame in sight!

### Reading

I've always enjoyed reading and got my books from the library for years, but my eyesight's not so great these days. I liked factual books and adventures, not romance or anything of that sort. Biographies were good if I was interested in their calling.

### Camping

Our family were campers, we've camped all round Australia. A photo of us standing on the tip of Cape York sits on my desk. We went as far as Western Australia and up to Broome. My grandchildren do much more these days, we kept to the coast whereas they really go exploring inland. My husband Stuart was a mechanic and he built a good comfortable camper van.

### Legacy

Stuart was a returned serviceman and we were involved with the Canterbury-Bankstown branch of the Air Force Association for many years. It brought a lot of fellowship and lifetime friendships right through since the children were small.

### Living at ABH

I'm quite content living here. I nursed in many places for years between here and Strathfield and often did the afternoon/evening shifts so I've met a lot of care staff. Morag is wonderful, I've never come across the likes of her in aged care.

*From top to bottom: Happy 100th Dorothy; Celebration certificate from Legacy (with her husband Stuart at ABH in the background); Celebrating her milestone with Morag; Congratulations cards from the King, the PM and more; Dorothy holding a picture of her mother's 100th birthday.*





# Happy BIRTHDAY!

## December

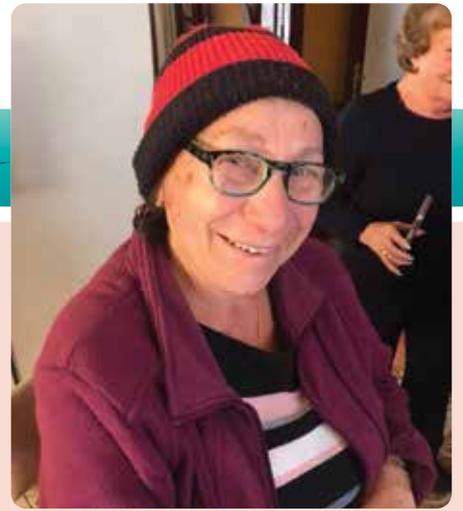
- Dec 4 . . . . . Teresa R
- Dec 7 . . . . . Pina B
- Dec 11 . . . . . Kevin O’C
- Dec 13 . . . . . Leslie D
- Dec 22 . . . . . Jennifer A
- Dec 23 . . . . . Betty B
- Dec 28 . . . . . Judith D

## January

- Jan 3 . . . . . Tonga D
- Jan 3 . . . . . Hildegard C
- Jan 6 . . . . . Pietro C
- Jan 6 . . . . . Eileen H
- Jan 10 . . . . . Judith A
- Jan 12 . . . . . Maria P
- Jan 14 . . . . . Margaret D
- Jan 15 . . . . . Gus R
- Jan 22 . . . . . Hugh H
- Jan 24 . . . . . Judith C
- Jan 25 . . . . . Elaine L



From top to bottom: Happy Birthday David T; Angela turns 90; Naftal reaches his second century (including a special trip to McDonalds to have extra hot chips).



# Story of my life

## RESIDENT ROSA TODARELLO'S STORY AS TOLD BY HER FAMILY

### *Growing up*

Rosa was born in 1947 in Pizzo Calabria, Italy. She was the only child of Rosaria and Guerriero Rossi. She went to a Catholic boarding school in Genova from age 5 until 11. Rosa's mother would send care packages every month for her and the nuns that looked after her.

### *Migrating to Australia*

After the war, there was a lot of poverty, food rationing and no work. Australia needed labourers and offered a better life. Guerriero migrated to Sydney in 1956 to help set up the family before they followed him out two years later. Rosa left all her uncles, aunties and cousins behind. She was pretty much seasick for the whole month on the ship from Italy to Sydney. They had absolutely no family in Australia, so the move was difficult.

Guerriero gained employment with Ready Mix and Rosaria got a job at Callan Park (then Rozelle Hospital).

### *Working life*

While at school, Rosa worked in a cake shop in Rozelle. When she left school, she worked in the Surry Hills rag trade.

Rosa worked in the Presbytery at St Joseph's Enfield looking after the bishop, plus cooking and cleaning for the priest at St Marys Concord. They loved Rosa's cooking. Rosa and her long-term friend and colleague Anita would put on a feast whenever there was a special function.

Rosa also worked at Claffy House which provides safe and supported crisis and transitional accommodation and rehousing assistance for homeless families and those escaping family violence.

### *Married life*

Rosa lived across the road from the Todarello family in Balmain in 1958. She went to school at St Joseph's Rozelle and Vince Todarello went to Rozelle Public School. It was Vince's job to make sure Rosa got to and from school safely.



From left: Granddaughters Shianne and Matilda; Nonna with Matilda; Rosa's Birthday with Stephen, Kellie & Matilda; Rosa's Birthday lunch family visit at ABH; the young Todarello family.



From left: Wedding Day; Vince and Rosa; Meeting Albano Carrisi; with Stephen, Rosa & Heather.

Vince and Rosa married on 30th August 1969 at St Fiacres Leichhardt with a reception in Five Dock.

### *Family life*

In 1971 Vince and Rosa were blessed with the arrival of Robert and moved to Croydon Park. In 1974 Stephen arrived.

Rosa was a homemaker, and worked at night from home as a dressmaker. The family became part of the St Joseph's Enfield community where the boys went to primary school. Rosa taught the school children how to sew buttons, stitch and how to make clothes. She was heavily involved in the school P&F there and later at Christian Brothers Burwood.

In 1997, Rosa became a Nonna with the arrival of Robert's daughter Shianne Rose. Just when she thought that might be her only grandchild, Stephen's daughter Matilda came along.

### *Life loves*

Rosa has always been dedicated to her family, her number one priority. She was an amazing cook and her love was expressed through her incredible food. She catered to everyone's dietary needs and there was always plenty for anyone dropping in unexpectedly.

Rosa absolutely loves flowers and plants. Her favourites are orchids, birds of paradise and azaleas. Vince and Stephen would buy Rosa a different coloured orchid every year on their anniversary. All these orchids still run along one side of the house - none of them ever died.

Rosa also loved reading Mills & Boon, though nine times out of ten she would fall asleep reading. She and a group of ladies got together monthly to try a different restaurant. Once a year the husbands were allowed to join the group for a weekend away.

Rosa has a very cheeky sense of humour which is funny to watch unfold. She would laugh and smile a lot. Rosa is loving, caring, respectable, honest and hard working.

### *Special memories*

Returning to Italy in 2013 for Rosa was one of the biggest highlights of her life. This was the last time she saw her extended family.

### *Three words to describe Rosa*

Warm, cheeky, caring.



## Staff profile

### ASHLEY WANG, CARE MANAGER AH ORR

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

I grew up in Nanjing, a historic gem city in China that has played host to six different dynasties. I spent a blissful childhood there, soaking up all the education and fun the city had to offer.

I came to Australia to study because two of my best friends from high school were also considering studying abroad. We ended up in different countries, but I did not regret it – I have made new best friends here in Australia.

#### *Tell us about your family growing up*

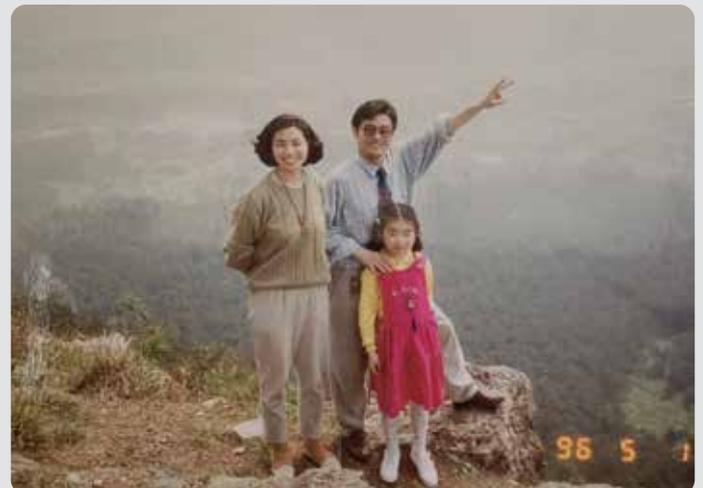
I grew up in a family of health professionals. Both my parents were working in the healthcare field, and they were meticulous and dedicated to their patients, treating them with care and patience. They were quite strict with me, and I've picked up their carefulness and detail-oriented traits.

I was the only child in my family. I was very close with the children in my neighbourhood and my younger cousin. My grandparents lived in a smaller city about 1 hour drive away. I spent nearly all my school holidays in my grandparents' place. Their house is in the countryside so I could play with a lot of freedom.

#### *How long have you worked at ABH?*

I have been working at ABH for almost a year. I couldn't be more grateful to my amazing supervisors, Juliet and Leigh. They've taught me so much, and their knowledge and experience will benefit me for a lifetime.

I enjoy talking to all our residents and their family representatives, learning about their life experiences, their preferences and their characters. It is very rewarding to contribute to their increased quality of life and wellbeing.



Left: Family visit to Wuxi, China. Right: Yellow Mountain, China.



Left: Ashley and her family; first visit to Sydney from Ashley's father in 2012; Ashley and her mother at her graduation in 2013.

I studied nursing at university in Adelaide before moving to Sydney. I chose to study nursing after being influenced by my parents' careers. They often talk about how rewarding it feels to offer care.

### *Tell us about your family today*

In 2015, I met my husband on a trip with friends in the Minnamurra Rainforest. We got married about a year later, and welcomed our first child a year after that. Our second child was born during the pandemic. We now live in Carlingford, a community bustling with elderly people and children.

### *Ideal holiday destination*

My dream travel destinations are the Nordic countries like Norway and Finland because I really want to see the Northern Lights!

### *What do you love doing?*

During holidays, I love traveling with my family. In my leisure time, I enjoy watching movies, playing games, and shopping.

I love the movie Home Alone. It balances humour with heart in a way that makes

it memorable – it's a mix of chaotic fun and warmth for all ages.

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

My grandmother. She took care of me a lot when I was little. After I moved to Sydney, I didn't get to see her one last time before she passed away and I only attended her funeral. This remains one of the biggest regrets of my life.

### *Life's biggest inspiration?*

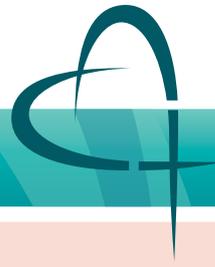
My husband. His optimism, confidence, and cheerfulness often uplift the spirits of those around him. When I encounter problems that make me feel down, his unique insights provide me with fresh perspectives and positive drive to move on.

### *Something no one would guess about you*

I've got a lucky streak for winning at casinos! My first winning casino experience was in Las Vegas when I turned 18. I don't visit casinos often but it seems like I always walk out a winner. While my winnings aren't huge, I always feel incredibly lucky. Yeah!

### *Three words to describe you?*

Careful, meticulous, discrete.



## Spiritual care Activities

# Christmas Reflections

For Christians, the true miracle of Christmas is found in the lasting impact of Jesus' birth. The circumstances – with only a handful of witnesses – underscores the humility and simplicity of God's presence in the world.

**Mary**, a young woman chosen to be the mother of the Saviour, embodies humility, obedience to God's will and faith in God's plan.

**Joseph**, Mary's betrothed, a loving and faithful guardian, is a righteous man who, despite initial doubt, obeys God's command through dreams.

**The shepherds** are the first to witness the birth of the Saviour and spread the message of His arrival, showing that Christ came for all people.

**The wise men** from the East follow a star to find the newborn King. Their gifts of gold, frankincense, and myrrh symbolize Jesus' kingship, divinity, and future sacrifice.

Lastly, **King Herod's** attempt to destroy Jesus reflects the conflict between light and darkness that the birth of Christ initiated.

These Bible characters paint a rich picture of faith, obedience, and the fulfillment of God's promise. Christmas reminds us that Jesus came to earth for all people.

**Ruth Njogah, Chaplain**



### December 2024

#### Sunday Services

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

#### Devotional Service

(11th) 9:30 am

#### Christmas Eve Service

(24th) 11:00 am

#### Catholic Mass

(3rd, 17th) 9:30 am

#### Greek Orthodox Mass

(19th) 10:30 am

#### Christmas Choirs

St. Fiacres Children's  
Choir (7th) 10:00 am

Uniting Church Choir  
(8th) 1:00 pm

ABC Pop Up Choir  
(21st) 10:00 am

### January 2025

#### Sunday Services

(5th, 12th, 19th, 26th)  
9:30 am

#### Devotional Service

(29th) 11 am

#### Catholic Mass

(7th, 21st) 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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**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)

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