

February/March 2025



Ashfield
Baptist Homes
Caring for life

The Heartbeat

I am delighted to have returned to ABH for a short time at the start of this year to enable Leigh to enjoy a well-deserved break. There is a real energy amongst the team as they make plans for the year ahead and a marked difference since I was last here at the height of the COVID-19 pandemic. Already in 2025, we have seen some long awaited changes such as pay increases for care workers and extensive expansion of Bethel Homecare services. Work is underway recruiting new staff, refreshing the environment and preparing to implement further changes from the new Aged Care Act mid-year.

At times it feels like we are ducks on a pond, paddling frenetically underwater while floating serenely on the surface. Hopefully, it is this peace that you feel upon entering our facility or receiving our services! Of course, life always throws challenges, and I would like to thank our staff, residents and families for your forbearance as we worked together to contain the outbreak in AH Orr and support the affected members of our community over the Christmas period.

I look forward to following your progress until we meet again.

Helen Wilson
Acting CE



Dorcas and Barry celebrating Australia Day with Bonnie.

Coming up...

February
Armchair
travel to
New Zealand



4th - Ron Ashton
Entertainment

6th - Waitangi Day
lunch

14th - Valentine's Day
lunch

28th - Greg Dimmock
Bush entertainment

March
Armchair
travel to
Ireland



4th - Shrove Tuesday/
Pancake Day

4th - Mike Valentine
Entertainment

17th - St. Patrick's Day
lunch – wear green

21st - Harmony Day
lunch – wear orange

*The lifestyle team will
be running quizzes,
poetry, art, bus trips,
cinema time and
more tailored for
each double ward.*



Christmas party wrap up

We all had a truly terrific time celebrating Christmas together across all our wards for the first time in five years. Thanks to all staff, families and residents for helping make it a wonderful day. In a day of standouts, the gelato cart has to be top!

Below: Residents celebrating with families, including Yalina and Fumpa, caught red handed in the Christmas gelato cart!





People & Culture

The beginning of the year is a perfect time to reflect on goals, establish new habits and plan for personal success in 2025. The HR team provides ongoing support and training for all our staff including offering work or employment-related recommendations. Staff have been given access to fee-free courses such as the NSW Certificate IV in Leisure & Health. We have hired a number of dedicated staff from the Presbyterian Aged Care facility in Ashfield which closed in December 2024, including new Bethel Care Manager Ellen Oplimo (pictured). The automation of police and reference checks amongst others is a great start to our new HR onboarding program, helping for a smooth and transparent onboarding process for all staff and volunteers to ABH.

We welcome Ellen, who studied her BA in Nursing in the Philippines and then Melbourne. She has worked in tele health and other nursing homes in Sydney as well as an aged care consultancy service. Ellen is enjoying getting to know the residents, staff and families at ABH. Please say hello if you haven't already met.



New starters – since December

Shristi P	Carer
Khanh T	Carer
Thi Kim Tien H	Carer
Anushka D	Carer
Bhawana C	Carer
Celia H	Bethel Home Care Support Worker
Siobhan W	Bethel Home Care Support Worker
Karishmabahen K	Registered Nurse
Bhawana G	Registered Nurse
Ellen O	Care Manager
Niraj S	Accounts Receivable Officer
Leisa M	Bethel Home Care Support Worker



Heartbeat is celebrating over five years of publication. We will be refreshing its look this year and are keen to know what families and residents like about it and anything else they would like to see included.

We would appreciate you completing this short survey to give your feedback.

www.surveymonkey.com/r/Heartbeat25





WELCOME TO THE

Year of the Snake

What do Audrey Hepburn, Muhammad Ali and Taylor Swift all have in common? They were all born in the Year of the Snake.

The Snake is the sixth of the twelve-year cycle of animals in the Chinese zodiac. As the legend has it, the Jade Emperor called a race to create the zodiac and all animals were invited for a chance to be featured. The first twelve animals to cross the river earned a place in the lunar calendar in the order they finished.

The Rat took a ride on the Ox's back and won by jumping ahead at the finish line. The Pig, who needed to eat and nap along the way, came last. The order of the 12-animal cycle is Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog, and Pig.

"In the zodiac system, the emphasis is on one's birth year rather than month. In Chinese, the zodiac system is called Sheng Xiao and also Shu Xiang, meaning 'birth year' and 'likeness'. It is believed that one's personality is related to the attributes of their zodiac animal,"

said Professor Jing Han, Director of Western Sydney University's Institute for Australian and Chinese Arts and Culture.

"The Snake is associated with wisdom, charm, elegance, and transformation. People born in the Year of the Snake are mysterious, charismatic, intuitive, calm, strategic, positive, wise, determined, intelligent, goal-oriented, responsible and graceful. They are deep thinkers, good at problem solving and excellent communicators, although they can also be indifferent, sceptical, possessive, and obstinate."



Morag and regular volunteer Fabiola helping residents make Chinese dumplings to celebrate the new year.



In Chinese culture and philosophy, the eternal Five Elements govern the phenomena occurring in the natural world. These are Fire, Wood, Metal, Water and Earth and they also affect the characteristic traits of the zodiac animals. This year's element is Wood – A Wood Snake is said to be precise, cool-headed, creative, and have logical thinking.

The first recorded Chinese New Year celebration in Sydney was in 1899. In 2019, the name of the celebration was changed to Lunar New Year to better reflect the increasingly multicultural society of Australia and to include all communities who celebrate the Lunar New Year. The Chinese zodiac and its variations are celebrated in many East Asian and Southeast Asian countries, such as Japan, South Korea, North Korea, Vietnam, Singapore, Malaysia, Indonesia, Nepal, Bhutan, Cambodia, and Thailand.

In China, Lunar New Year is also called the Spring Festival. It starts on the eve of the lunar new year and ends on the 15th day of the first month, being known as the Lantern Festival. In 2025, the Lantern Festival will be on 12 February. People born in 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001 and 2013 are all Snakes.

Congratulations to these mysterious, determined, wise, charismatic – and maybe a little sceptical – ABH Snakes.

Residents

Alan G	Ross L
Katina N	Maria P
Joan T	Ruth P
Marianne K	

Staff

Anjana R	Joselito C
Ashley O	Lorna D
Chiemi H	Nebyat L
Gokil P	Salote T
Giovanna A	Tina C
Hawera D	Tina N
Julie F	Zoe M



Take Five

WITH DEREK COOKE

Making – I used to be handy with my hands. I made this tapestry which hangs in my room. Also my wife organised for this sign for my door to be made.

Wearing – I don't get out much these days but when I did I always wore my Akubra.

Watching – I'm a huge history buff. War movies, documentaries, you name it. I've got a big collection of DVDs in my room which I often watch. The one on Anne Frank is terrific.

Reading – Non-fiction was always my go-to. War history in particular. I've got a heap of big coffee table style books in my room. A lot are history but I have a few bibles. Faith is very important to me and I regularly attend church and devotions.

Living – I've been at ABH for nearly eleven years, since 2014. I've always been fastidious about keeping a neat and tidy environment and my room is no exception. I have a lot of plants I care for. I like everything in its place. The care staff love it!



From top to bottom: Derek in his room; The sign on Derek's door; View of the harbour, made by Derek; The miniature pony visits Derek.



The Heartbeat February/March 2025

CATCH THE VISION

Our Catch the Vision collage, created in 2000, detailed many changes we have undergone at ABH, including property and service expansion. We have seen astronomical changes during the past 20 years (check out the prescient comment – will the Government be able to afford Aged Care?) We also have a new and updated Aged Care Act and new Aged Care Quality Standards applicable to the way we manage our care offer and our daily governance.

A Tradition of Faith at Work

Ashfield Baptist Homes

CATCH THE VISION 2020

Where to in aged care?

2005

2005 New 60 bed low care building is expected to be open. Featuring Hydrotherapy pool, Cinema, Internet cafe and provision for cable TV.

Will there be any aged pensions?
Will there be any staff to run aged care facilities?
Will the Government be able to afford aged care?
Will Ashfield Baptist Homes Ltd be able to afford to continue its aged care?
Our past has shown that against the odds we have succeeded and we have the vision to make a positive difference in aged care.

Will baby boomers demand single rooms, better facilities, internet access, Sing a longs that reflect the rock and roll Era

2000 larger increases in the public hospital have made staffing aged care increasingly difficult both in quality and quantity. Unless nurses are paid parity fully funded by the government by 2020 will we have any staff?

A FAIR SHARE FOR AGED CARE

1998

1998 The new Bethel Nursing Home was open and the old demolished.

In the last 5 months we have had 2 visits for accreditation, 1 visit from the NSW Health Department, 1 visit from workcover and 2 RCH Visitation. The stress of these visits is enormous.

1978

1978 A/E Orr Lodge was built this is a hostel for low care residents.

Does Harry Potter have the right idea about paper work?

1978

1978 Staff quarters Parr wing was built.

1964

1964 The North wing was completed.

2002 - 2003

Not happy Minister

By Megan Skyles

In the weeks leading up to his speech at the 'Treaty and care conference' in Albany, the Minister for Ageing, Kevin Andrews, was providing industry leaders and others that the care gaps arise from the RCH services.

But after he released the RCH report and the Government response on March 2, the industry's reaction has been loud and to the point, not happy.

Mission Statement
Ashfield Baptist Homes Ltd is an extension of the ministry of Ashfield Baptist Church. As a service to mankind which Jesus Christ first demonstrated we are committed to providing appropriate accommodation and supportive programmes for the sick, aged, handicapped, disabled, underprivileged or other needy persons. equality care, recognizing the individual in unique and of value, spiritual, emotional, medical support irrespective of race, creed, or status, ongoing evaluation of all service providers through consultation with residents, families, staff and community advisers.

"Vision statement To make a positive difference to aged Australians through the provision of excellent care expressed within a Christian framework"

1955

1955 and 1956 New extensions to Bethel Nursing Home were open and by 1957 there were 67 aged ladies in residence.

1933

1933 The first renovations were necessary to provide more rooms.

1930

1930 Mrs Ann Scary felt the need to provide a refuge for elderly folk. She found the property at 96 Holden St Ashfield. She needed \$50 for the Deposit and the right before with no money said "the Lord will provide" an anonymous donation arrived by mail. This was the birth of BETHEL NURSING HOME.

1950

1950 Ann Scary wanted to sell Bethel but wanted it to remain a Christian home. So she offered it to Ashfield Baptist Church Rev Harry Orr and by faith it was purchased.

RENOVATIONS

A NEW DAY OF INFAMY

12:23 AMST Mon 28 Apr 2003

SARS costing \$400 million worldwide

The global price of the deadly SARS virus approached \$450 million (SARS is feared) as a sudden leap in epidemics with Asia and Canada counting the human cost - 25 more lives.

Watch video at: www.11news.com.au

1930

BETHEL CHRISTIAN HOME FOR AGED LADIES

A history of aged care in Ashfield through Bethel Nursing Home and A/E Orr Lodge

Telephone 02 9799 2944
FAX 02 9799 3480
Email ab@ashfield.org.au

Write: Mr Alan Orr
PO Box 297
Ashfield NSW



DONATE TO HELP ASYLUM SEEKERS

People seeking asylum in Sydney don't receive government income support, and can struggle to access mobile phones and computers needed for many everyday activities. ABH has recently donated three mobile phones and two laptops to this worthy charity.

If you would like to help someone study, look for work, contact family and deal with government agencies and organisations, you can find out more by contacting the Asylum Seekers Centre. A list of devices they accept and how to deliver them can be found on their website.

<https://asylumseekerscentre.org.au/how-you-can-help/donate-a-device/>



EA Patricia with ABH devices ready to donate.

Massage Therapy Service RE-COMMENCING

We welcome back qualified massage therapist Jacinta Harris. Our regular massage therapy service will recommence from February 4th on Tuesdays between 10am - 4pm in the Wellness Room opposite the physio clinic.

Massage Therapy can help alleviate aches and pains, improve circulation, and promote relaxation, making it an excellent addition to every wellness routine. It creates a moment of tranquillity or relief from discomfort or both! Residents can book a relaxing escape in the hands of a skilled and experienced massage therapist, leaving them feeling rejuvenated and refreshed. The afterglow of a massage awaits!

Book your experience directly with Reception.

- \$45 + GST for 25 minutes; \$90 + GST for 50 minutes.
- Commencing every Tuesday from 4th February between 10am - 4pm, increasing to Fridays if there's demand.
- Bookings to be taken via Reception.





Happy BIRTHDAY!

February

- Feb 1 Nofa K
- Feb 3 Bill B
- Feb 3 Rita H
- Feb 3 Antonino L
- Feb 4 Elisabeth D
- Feb 5 Cynthia S
- Feb 8 Fatima S
- Feb 8 Carol S
- Feb 10 Marilyn E
- Feb 18 Stanley J
- Feb 19 Maria M
- Feb 19 Helen T
- Feb 20 Peter H
- Feb 23 Miro M
- Feb 23 Florence L
- Feb 24 Lorenza D
- Feb 24 Tony W
- Feb 24 Joan G
- Feb 28 Louisa J

March

- Mar 5 Nanette L
- Mar 9 John B
- Mar 9 Jean L
- Mar 10 Ross L
- Mar 13 Patricia B
- Mar 17 Bill P
- Mar 20 Phyllis L
- Mar 20 Paul V
- Mar 21 Neil M
- Mar 23 Ian E
- Mar 30 Sheila M



Left: Happy Birthday Lorenza, pictured at the ABH Christmas lunch with one of her grandchildren. Right: Happy birthday Paul, pictured with partner Koleta at the Christmas lunch.



Rita celebrating her 95th birthday in style at ABH with five generations including children, grandchildren, great grandchildren, great great grandchildren, nephews and nieces.



Staff profile

ISABEL NJOROGE, RN (NIGHT SHIFT)

I was born and raised in Nairobi, Kenya. When we lived in Kitengela, our neighbourhood was separated from the national park by a train track. I have vivid memories of giraffes grazing during the day and hearing hyenas laughing at night. It was a unique and beautiful childhood experience.

I come from a small family. My mum raised my two older brothers and me. One brother is living in Germany and the other one is still in Kenya. My younger cousin also became like a brother. We spent a lot of time with my grandma during the school holidays while mum was working. She played a significant part in raising us. My mum and grandma have been strong pillars in my life.

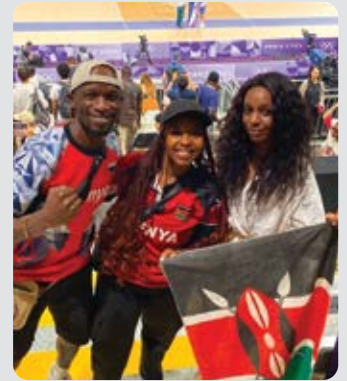
Growing up in an African Christian family, no plans were ever made on Sundays other than going to church. A typical Sunday would involve me going to church early to practice with the kids in the church dance team before dancing in the service. Different ministry groups would meet up afterwards and my mum was always part of that. Us kids would play until the meetings were over.

I joined ABH in mid-2015. My first job was at a newsagency in Ashfield. I often chatted with a regular customer called Maria who happened to work at ABH. She found out I was a nursing student and encouraged me to apply for a job here. She even offered to give me a recommendation!

Since then, ABH has given me so many opportunities to grow. I started as an AIN [Assistant in Nursing], became a CNA [Certified Nursing Assistant] giving medications and dressing wounds, and later was employed as an RN [Registered Nurse] once I graduated. ABH also funded my Infection Prevention and Control (IPC) training, which proved invaluable during COVID pandemic.



From top to bottom: On the night shift with Nigisti and Losi; with ABH staff (next to Maria); Isabel and her mother; Taking Mum, cousin and Auntie to their first AFL game.



From left to right: Early family pic with brothers and grandmother; with brothers Steve and Kioi, cousin Ngash, mother and grandmother; At the Paris Olympics with a brother and cousin.

I'm now working part-time night shifts which gives me flexibility to explore other fields of nursing. I get to oversee the care of residents, managing medications, and basically make sure the night runs smoothly while everyone is asleep. This role has allowed me to refine my leadership and decision-making skills while ensuring our residents receive the compassionate care they deserve.

Over the years, I've gained experience in surgical, perioperative, day surgery, and community nursing. ABH has been an incredible starting point, and I am so grateful for the growth it has enabled.

Outside work, I love spending time outdoors, going for long walks in scenic places, and chasing sunsets and breathtaking views. These nature walks fill me with awe as I marvel at the beauty of God's creation. The intricate details and breathtaking views remind me of how vast and majestic God is and how small I am in comparison, yet I'm deeply loved by Him.

I also love exploring cultures and would love to visit South America. This continent is brimming with diversity. The food, the vibrant people, the stunning

jaw dropping geography—it's a dream destination that's high on my bucket list.

I am a huge sports fan, thanks to growing up in a house full of boys. We watched almost every sport imaginable. I even skipped school once just to watch the Olympics! Last year, I actually went to the Paris Olympics with one of my brothers and my cousin. It was such a full-circle moment.

I love attending live games from tennis, NRL to basketball, AFL and rugby sevens. The energy in the stadiums is always unmatched. The excitement, unity and passion among the fans creates an atmosphere that is truly electrifying.

Last year, I travelled and spent time with my family who are scattered across the world. For the first time, I saw all my family members within the same year. It was such a blessing and a milestone I will always treasure.

My faith in God is the foundation of my life. It gives me strength, purpose, and direction in everything I do. I strive to reflect God's love in my actions, whether it's through helping others, being kind, or remaining resilient in challenging times.



Reflections 2025 IS HERE!

Another Day, another year to enjoy the Gift of Life.

The Bible in Isaiah 43:18-19 reminds us that every new beginning is a gift from God. "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?"

Life's challenges may seem overwhelming, but with every season, God offers us a fresh start- He is with us, guiding us through every season.

In moments of struggle, we are not alone- the Lord is our refuge and strength, always present to help. "He is close to the broken-hearted and saves those who are crushed in spirit."

As a community, we can embrace the fullness of life, savouring each day with gratitude and purpose and cherishing every moment God gives us.

Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom." Life is fleeting, and every moment is precious.

Ruth Njogah, Chaplain



Leigh enjoying a moment with Nancy and her friend before going on leave.

February 2025

Sunday Services

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

Catholic Mass

(4th, 18th) 9:30 am

Devotional Service

(12th) 9:30 am

Communion Service

(26th) 11:00 am

Ongoing Church services in the ABH Chapel*

Sunday Services

9.30am - weekly

Devotional Service

9.30am – 2nd & 5th Wednesday of each month

Communion Service

11am – 4th Wednesday each month

Catholic Mass

9.30am – 1st & 3rd Tuesday each month

Greek Orthodox Mass

11am – bi-monthly

**dates subject to change according to availability of ministers and volunteers*

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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