



# The Heartbeat

Since the New Aged Care Act started on 1 November 2025 ABH has been working very hard to ensure all its systems and processes align. This has involved substantial changes to our software systems which, for our Support at Home service offering, remains a work in progress.

I spent some time off over the Christmas and New Year period and reflected on the intention of the new Act and with it the New Aged Care Standards. What do they mean for you? I believe it is what we can demonstrate every day. We are ultimately “judged” on our last interaction with you, both as care givers and care receivers. It’s not about what we intend, but what is actually delivered. As always, we welcome your voice so we can meet your expectations.

Our resident and staff survey results are in and the results are pleasing. There is room for us to improve in our menu and dining experience, our complaints response times, communication platforms and timeliness. Fumpa Mitchell, our Quality Advisor, will be sharing the topline results along with a detailed action plan working towards improvements for residents and staff.

My door is always open if you have anything to add or share.

**Leigh**

*Left: Beautiful day for an excursion to the harbour.*

*Right: Marina making lanterns for the new Lunar Year of the Horse.*



## *Coming up...*

### **FEBRUARY**

- 10** Fiona Marie Entertainer
- 10** Consumer Advisory Body Meeting
- 14** Valentines Day chocolates, art & craft
- 20** Barbecue (Lynton)
- 26** Fairytale Day  
Dress as your favourite fairytale character
- 27** Geoff Suede Entertainment

### **Armchair travel to JAPAN**



### **MARCH**

- 10** Dale Ryan Entertainment
- 17** St. Patricks Day  
\*wear green\*
- 20** Barbecue lunch
- 27** Ron Aston Entertainment
- 15-22** Harmony Week

### **Armchair travel to IRELAND**



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

## People & Culture

2026 is shaping up to be a big and exciting year for ABH.

The team is working on several important projects focused on supporting our people, strengthening our systems, and enhancing the care and support we provide to our residents. The HR team continues to build on momentum from last year, always ensuring our workforce feels supported, heard and set up for success.

### EMPLOYMENT HERO – PHASE 2

Our new human resources platform Employment Hero is now moving into Phase 2 of the rollout, introducing Payroll and Rostering. This will combine two new systems into one access point for staff. Meaningful improvements to the rostering function plus enhanced ways of supporting staff day to day are now embedded.

Our focus is to make processes simpler and more user-friendly: helping our people spend less time on admin and more time doing what they do best - caring for our residents.

### WORK HEALTH & SAFETY

In 2026, we'll be taking a more proactive, people-centred approach to Work Health & Safety. This includes strengthening our WHS systems and creating more opportunities for staff to speak up, share ideas, and be actively involved in making our workplaces even safer.



*Above: HR Advisor Ivette showing Roster Administrator Shristi the new EH platform.*

### ENTERPRISE AGREEMENT PREPARATION

Later this year, HR will begin early work to prepare for a new Enterprise Agreement. We will involve our people through rigorous stakeholder engagement, reviewing key information and identifying risks. Our focus is on achieving positive, sustainable outcomes that support our workforce now and into the future.

There's plenty more to come — 2026 is just getting started!

**Cesar Antonio Suazo, HR Manager**

### New Starters since December 2025:

Julie F – Carer

Lea S - BHC Support Worker

Sun Hui K - BHC Support Worker

Danny S - Chaplain

Onisivoro M - Carer

Susana P- Carer

Vicki K – Home Care Case Manager

Karalaini L – Carer

Rijan P - Endorsed Enrolled Nurse

Phaedora F – Carer

Kah K – Carer

Wendy W – Accountant

Lauren L – Executive Assistant to CE

# Birthday Bonanza!

## FEBRUARY

- February 1 ..... Nofa K
- February 3 ..... Bill B
- February 3 ..... Rita H
- February 3 ..... Antonio L
- February 5 ..... Dave R
- February 5 ..... Cynthia S
- February 8 ..... Fatima S
- February 8 ..... Carol S
- February 10 ..... Marilyn E
- February 14 ..... Mary Q
- February 18 ..... Stan J
- February 19 ..... Maria M
- February 19 ..... Helen T
- February 21 ..... Mona R
- February 23 .... Florence L
- February 24 .... Lorenza D
- February 24 ..... Joan G
- February 24 .... Dimitria P
- February 24 ..... Tony W
- February 28 ..... Louisa J
- February 28 ..... Donald T



Top row left: Happy birthday Bill! (3rd February) celebrating with his brother.  
Top row right: Happy birthday beautiful Beth (30 January).  
Middle row left: Many happies to Cynthia and Dave (5th Feb).  
Middle row right: Congratulations Hugh (22 January).

## MARCH

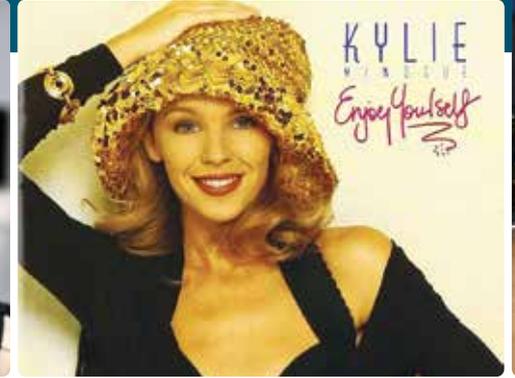
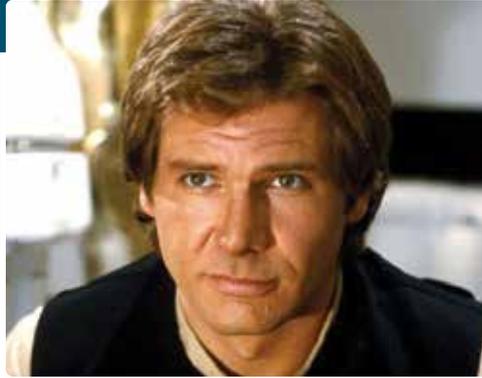
- March 4 ..... Elaine R
- March 5 ..... Nanette L
- March 9 ..... Jean L  
(100 years young!)
- March 10 ..... Ross L
- March 13 ..... Patricia B
- March 17 ..... Bill P
- March 20 ..... Phyllis L
- March 26 ..... Marina G
- March 29 ..... Peggy G
- March 30 ..... Sheila M



Bottom row: Happy big nine-oh to Marilyn! (10 February).

## LUNAR NEW YEAR *Year of the Horse*

What do Barbra Streisand, Harrison Ford and Kylie Minogue all have in common? They were all born in the Year of the Horse.



The Horse is the seventh 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 clever Rat hitched a ride on the Ox's back and leapt ahead at the last moment to claim first place. The Pig, who stopped for snacks and a nap along the way, crossed the line last.

The order of the 12-animal cycle is Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog, and Pig. So we're about halfway through the cycle.

The Horse is associated with energy, freedom, passion and movement. People born in the Year of the Horse are lively, optimistic, independent, adventurous, quick-witted, hardworking and confident. They are natural leaders who enjoy being around others and thrive in social settings.

However, there's a downside to everything: they can also be impatient, restless, impulsive and sometimes stubborn when they feel restricted.

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. Each Horse year is shaped by one of these elements. A Wood Horse is said to be cooperative and creative, a Fire Horse bold and charismatic, an Earth Horse practical and grounded, a Metal Horse determined and resilient, and a Water Horse adaptable and intuitive.

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, known as the Lantern Festival. People born in 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014 and 2026 are all Horses.

*Above right: Year of the Horse baby Joan B showing her affinity with the real thing*





## Physio update

Look out Rob de Castella, Ron Clarke, Herb Elliott, Lisa Ondieki, Benita Johnson and Steve Moneghetti. TEAM BETHEL is on its way. From 1 January 2026, our Physio team has been very busy running a new program - Road Trip Australia! We are recording the accumulated distance for all residents on our MOTOMed exercise machine with the aim of doing a lap of Australia. The peloton is currently somewhere north of Coffs Harbour, travelling along the Pacific Coast Touring Route.

We welcome Angela back from maternity leave. Along with Jeannie and Alana (1 day/week) the team works hard with our residents to keep them active and connected, with tailored physio programs and popular weekly group exercise classes.



Right: Dimitria making her way up the coast. Below: Jeannie, Angela and David.

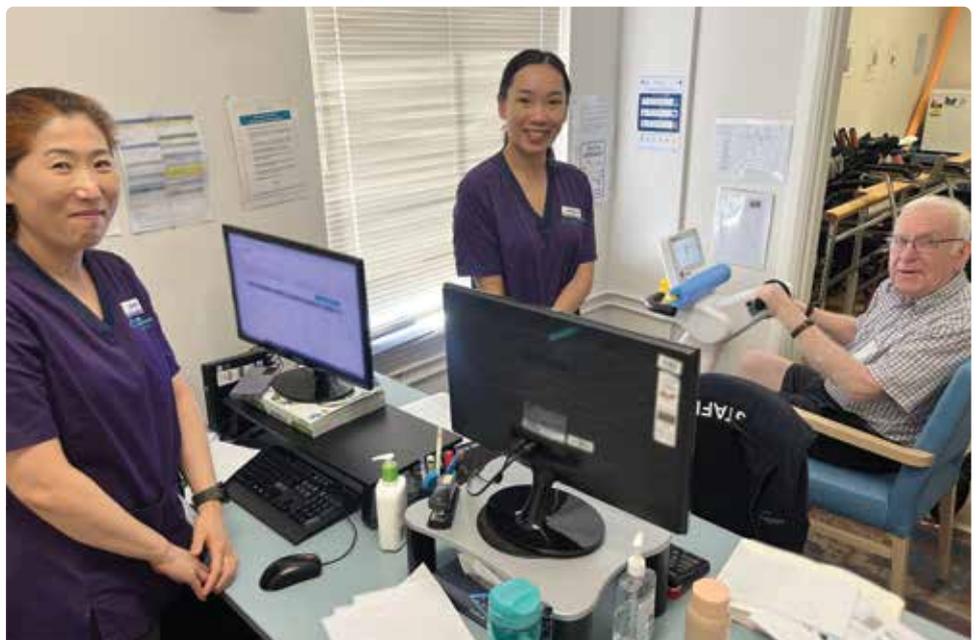
**Congratulations to our very own stable of optimistic, hard-working, confident (and maybe a little stubborn) horses**

### Staff

Kanta K	Helida C
Smita T	Karishma K
Marvelous C	Unika K
Tulasha S	Aayushma G
Laxmi L	Nicole P
Manita S	Michelle H
Lourie T	Nikila R
Gladys O	Bhawana G
Pratima B	Loc N
Jennifer D	Sital B
Soikksha K	Grishma G
Manju S	Hay Blu P R

### Residents

Joan B	Rita H
Chrisoula B	Gretta J
Bill B	Lydia L
Marcella G	David M
Peggy G	



## SLICE OF LIFE AT ABH

*Left to right: Top row: Residents worked tirelessly with volunteer Fabiola to make this wall hanging including their names; Heather and Peter off to Georges River on the bus; Bus trip to Auburn Botanic Gardens.*

*Middle row: Tuti busy making a Valentine's Day card for a lucky person; Dumpling making for the Lunar New Year; Full house for choir practice, led by resident Jennifer's daughter.*



*Bottom row: Gretta making a proper Italian affogato; Dave browsing the mobile library selection; The finished wall hanging masterpiece; Elaine, Lydia, Christine and Eileen making sure not to feed the peacock.*



Above: The ABH Cater Care team.

## *Kitchen update*

Now that the hustle and bustle of the Christmas period is behind us, the catering staff are looking ahead to an exciting and busy autumn season. Our team has recently gone through a few changes, with two new chefs joining us and another expected to come on board next month.

We are very fortunate to welcome Russell, who previously worked as a Sous Chef with the Langham Hotel Group, and Ravi, who joins us from Bupa with over 10 years of aged care experience. Their knowledge and passion have already been a wonderful addition to our kitchen.

Our new menu will be launching in early March, and we would like to extend a big thank you to all the residents who helped with its development. Menu changeovers are always a busy and exciting time for the kitchen, and we truly value your input.

With a few more weeks of summer still to enjoy, we're also looking forward to some special celebrations including special sweet treats for Valentines Day.

We'd like to wish everyone a Happy Lunar New Year, which we will be celebrating with a themed lunch. We're excited for the months ahead and sharing many more delicious moments with you all.

**Michael, Cater Care Chef Manager**





## Staff profile

### DANNY SULEIMAN, CHAPLAIN

#### Where did you grow up?

I was born in Beirut, Lebanon. My parents were pastors and they are from Syria and Jordan. We moved to Jerusalem, Israel and lived on the Mount of Olives. Due to various wars my uncle living in the USA sponsored our family's migration there when I was a young child. We lived in Maryland and later Pennsylvania. My mother was very thankful for the security and safety she felt in the US and always reminded us to be grateful for what we have.

After my studies and several mission trips, I came to Sydney to teach and help with a couple of churches. I was mostly involved with youth work and home visits. I made Australia home in 2021, along with my wife Tanya and children Asher and Joshua.

#### Tell us about your childhood family.

I have two brothers and a sister and loved playing NFL football (Grid Iron),

skateboarding and sledding in the snow. Later on I loved drive-in movies. My mom was one of twelve siblings so I have many cousins – I have stayed in touch with about half of them. My parents often held family gatherings and invited everyone over. There were always people at our house, along with a lot of food, sweets, coffee and tea. I can speak Arabic which we mainly spoke at home with my parents, family and friends.

#### What is your journey to being a Chaplain?

After high school, I became involved with the youth group at our church and felt my calling to study the Bible and serve the community. I went to South Carolina for my Bachelors in Pastoral Studies and then to Pennsylvania for Seminary studies for a M.Div. in Theology and Interpretation. During my eight years of studies, I was involved in youth

*Above: Danny and Father Soares at ABH.*

*Below left: Family reunion in the US with mom and dad.*

*Below right: Ready for Thanksgiving.*



work, aged care, and prison visits. I spent several years in Chaplaincy at the Sutherland Hospital working with the Director of Anglicare. I also have a Diploma in Counselling and enjoy volunteering for Lifeline and helping the pastoral care team at my current church in Sutherland.

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

I started as Chaplain here in early December 2025, supporting the spiritual and emotional support of the residents and the entire ABH family. I am thankful for the whole ABH team who give so much in caring for our residents and look forward to doing my part.

**Ideal holiday destination**

Anywhere can be fun but we do like the mountains, water settings and good food. My wife and I have travelled throughout Europe, and we loved Italy the most.

**What do you love doing?**

My wife and I have two boys aged ten and seven and we live in Woollooware. We go to the beach, surf, swim and recently started following the craze of NRL here. It seems our family activities revolve

around the boys' sports and friends and other family members. We like biking, hiking, road trips and apple picking, BBQ outings and watching various movies or series. I will be watching the Superbowl in February. When my wife and I have a chance, we love going to live stand-up comedy for some good laughs. I enjoy reading and following international politics and events. We have a great church community, and we love being involved in the services and special events.

**Life's biggest inspiration?**

My wife supports my mission and encourages me to pursue my dreams.

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

For several years I helped my uncle with strata management in NYC apartment blocks. Residents included celebrities like Sting and Martha Stewart.

**Three words to describe you?**

Happy, Helpful, Purpose-driven.

*Below left: World's best dad – with Tanya, Asher and Joshua. Middle: Go the Sharkies! Right: Officially Aussies.*



## Take Eight...

**WITH RESIDENT RITA HAMMOND**

- 1. What's something that always makes you smile?**  
Facetime with my great grandchildren. We just had one this morning. I have nine great grandchildren and two more on the way, aged seventeen to one!
- 2. If you could wake up anywhere in the world tomorrow, where would it be?**  
On Sydney Harbour with a view of the opera house.
- 3. What was your favourite treat or snack when you were young?**  
Triple treat ice cream.
- 4. Who was/is the funniest person in your family?**  
My son in law. He's unfortunately gone now but had a wonderful and kind sense of humour.
- 5. What music did you listen to when you were younger?**  
Swing music and jazz. Glenn Miller and Gene Kelly, Fred Astaire and Ginger Rogers, Cyd Charisse. And I loved Frank Sinatra.
- 6. What fashion trends do you remember fondly?**  
The New Look after the war. You couldn't buy material for so long, then all these beautiful full skirts came out. And then mini skirts!
- 7. If you could have any superpower for a day, what would it be?**  
I would declare World Peace.
- 8. What's the best kindness someone ever showed you?**  
My husband, before we were married. He showed me that the person that I am, warts and all, is good enough. I didn't need to be better than anyone else. I was a shy girl and it made a huge difference. He taught me to live my life to the fullest. I was only fifty when he died and there were over two thousand people at his funeral. He saw the absolute best in people just as they were.



*Above: Rita with granddaughter Lyndal and great granddaughter Savannah; Streets Triple Treat; Cyd Charisse and Fred Astaire.*

## Hold your Horses

1. Which famous Australian race “stops the nation” each November?  
A. Outback Trotathon  
B. Sydney Sprint Spectacular  
C. Melbourne Cup  
D. Royal Rodeo Parade
2. In the TV show Mr. Ed, what was unusual about the horse?  
A. He could talk  
B. He could tap dance  
C. He delivered the mail  
D. He made everyone tea
3. What do you call a baby horse?  
A. Calf  
B. Foal  
C. Pony nugget  
D. Cub
4. Which horse belongs to Woody in the Toy Story movies?  
A. Ranger  
B. Spirit  
C. Clip-Clop the Wonder Pony  
D. Bullseye
5. What piece of tack does a rider use to help steer a horse?  
A. Reins  
B. Saddle blanket  
C. The remote control  
D. Spurs
6. Roy Rogers’ famous palomino horse was called...  
A. Dusty  
B. Butterscotch  
C. Trigger  
D. Goldie
7. What is the name for a group of horses that live and travel together?  
A. Pack  
B. School  
C. Herd  
D. Gallop gang
8. In The Man from Snowy River, what are the riders chasing down the mountain?  
A. Usain Bolt  
B. Wild brumbies  
C. A runaway stagecoach  
D. Sheep
9. What is the common name for brushing and cleaning a horse’s coat?  
A. Stable spa day  
B. Hoof polishing  
C. Curry combing  
D. Detailing

Answers: 1.C 2.A 3.B 4.D 5.A 6.C 7.C 8.B 9.C



## Reflections

In 1885, poet Carl Boberg was caught in a sudden storm walking home from church. Thunder rolled, the sky



(image: Sunshine Coast Courier Mail)

darkened, and then, just as quickly, the clouds cleared. Church bells rang and birds sang over the bay. The moment filled him with awe, reminding him of the power and beauty woven through the natural world. This experience inspired his poem How Great Thou Art, which grew into a well-loved spiritual hymn sung worldwide, translated into many languages, and embraced by people from all walks of life.

At its heart, the hymn is a meditation on wonder. It shifts our focus outwards, to the sky, the sea, the forces of nature, and invites a sense of connection with something greater than ourselves. Nature moves us not simply because it is beautiful, but because it points to the artistry, mystery and love behind God's creation. It is a living reminder of renewal, strength and presence.

Listening to or singing this hymn allows us to revisit moments when creation has stirred our spirits, offering peace and showing us we are held within something vast, grounded and good.

**Danny Suleiman, Chaplain**

## Spiritual care CALENDAR

### FEBRUARY

#### Sunday Services

08 15 22 9:30am

#### Catholic Mass

17 10:00am

#### Devotional Service

04 11 18 25 10:00am

#### Orthodox Service

12 1:00pm

### MARCH

#### Sunday Services

08 15 22 29 9:30am

#### Catholic Mass

03 17 10:00am

#### Devotional Service

04 11 18 25 10:00am

#### Orthodox Service

12 1:00pm

### PASTORAL SUPPORT

*Upon request.*

02 9797 3600

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*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.