

The Heartbeat

It's been an exciting few weeks across our community!

We would like to extend a heartfelt thank you to all residents, families, and staff who participated in our recent professional photo shoot and social media video sessions. Your enthusiasm, warmth, and willingness to be involved, helped us to capture the spirit at ABH and showcase the wonderful people who make this place feel like home. Thank you also to the team at Bethel Home Care who also participated.

From sharing smiles and stories to helping behind the scenes, every contribution played a part in making the experience such a success. We are incredibly proud of the genuine connections, laughter, and sense of belonging that shone through during filming and photography. We have shared some of our photographs in this edition of The Heartbeat and will continue to share more in the coming months.

There is also more exciting action on the horizon! We are delighted to announce that we are preparing to break ground on our brand-new independent living development, The Cunningham, located on Queen Street, Ashfield. This marks an important milestone for ABH as we continue to grow our care community.

More information about the development, timelines, and plans will be shared soon – stay tuned for future updates.

Thank you once again to everyone who continues to make our community such a vibrant and caring place to live and work.

It's all lights, camera... action, with more to come!

Leigh

Right: Peggy dancing along to the ABH choir.

Coming up...

JUNE

- 09** Maria Entertainment
- 19** BBQ
- 26** Geoff Suede Entertainment

Armchair travel to PORTUGAL



JULY

- 14** Geoff Dimmock Entertainment
- 17** Cherry Hynton/Surbiton BBQ
- 22** Christmas in July lunch
- 24** Dress like a Cowboy Day
- 31** Dale Ryan Entertainment

Armchair travel to FRANCE



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



ABH Choir

Our ABH choir spreads joy and happiness all over the world.

We keep adding more seats to the circle at choir practice. Last month “Tie a Yellow Ribbon” sung by of our wonderful choir members went viral, reaching over 300,000 people, near and as far away as the USA and Europe. The beautiful comments included:

How wonderful they sound

What a great video, made me smile

Tell them they have a fan in Georgia

Very nice, they sing wonderfully in harmony

I was singing along with them

One guy, doesn't need to look at the words
(That's our amazing resident Peter btw)

Thank you to Mandy who leads our choir, challenges us with new tunes, and who is just well...wonderful. We couldn't do this without your passion and commitment.

Follow Ashfield Baptist Homes on Instagram and Facebook to listen to more songs from your ABH choir.

From top to bottom: Resident Jennifer with her daughter Mandy, our wonderful choir leader; Mandy with resident Peter who knows every song lyric off by heart; Jayne with residents Margaret, Peggy and Kevin; group rehearsals.



HAPPENINGS

Keeping active at ABH includes daily walks, bus trips to the local park or beaches, group exercises and competitive bingo!! If you enjoy a particular physical activity that we haven't explored yet, please let your lifestyle team know.

Top row: Our residents enjoying the autumn sunshine; Irene getting into the Hawaiian spirit. Middle row: Prasad on his morning walk amongst the autumn leaves; Bingo; Max looking after us in Café 75. Bottom row: Ann and Freya sharing stories; Alvin leading our residents in one of our regular fun exercise sessions.



Blockbuster Movie Quiz

CLASSIC MOVIES FROM THE 70S, 80S AND 90S

- 1. In Jaws, which seaside town was terrorised by the shark?**
A. Bayview
B. Amity Island
C. Cape Harbour
D. Long Beach
- 2. What was the name of the dance club in Saturday Night Fever?**
A. Disco Central
B. Odyssey 2000
C. Studio 54
D. The Electric Room
- 3. In Back to the Future, what speed did the DeLorean need to reach for time travel?**
A. 77 mph
B. 88 mph
C. 99 mph
D. 108 mph
- 4. Which actor played Indiana Jones in Raiders of the Lost Ark?**
A. Kurt Russell
B. Tom Selleck
C. Harrison Ford
D. Mel Gibson
- 5. In Titanic, what was the name of Rose's fiancé?**
A. Charles
B. Victor
C. Cal
D. Edward
- 6. Which Australian actor starred as "Crocodile" Mick Dundee in Crocodile Dundee?**
A. Bryan Brown
B. Paul Hogan
C. Sam Neill
D. Jack Thompson
- 7. In The Lion King, what are the names of Simba's funny meerkat and warthog friends?**
A. Timon and Pumbaa
B. Bert and Ernie
C. Chip and Dale
D. Buzz and Woody
- 8. In Ghost, what type of pottery scene became one of the most famous movie moments of the 1990s?**
A. Vase painting
B. Clay sculpture
C. Pottery wheel scene
D. Ceramic firing

Answers on page 5.



MOVIE WORD SEARCH

The twelve words below are hidden upwards, downwards, across and diagonally... good luck with your search.

- Ben Hur
- Casablanca
- Cleopatra
- Elf
- Goldfinger
- Grease
- Harry Potter
- Jaws
- Psycho
- Rocky
- Star Wars
- Superman



T	P	L	O	S	E	L	F	Q	A	F	F
B	E	N	H	U	R	O	J	C	S	C	S
Z	C	L	H	G	K	K	N	J	Y	L	W
E	S	A	E	R	G	A	O	R	M	E	A
G	F	R	U	I	L	G	G	E	N	O	J
R	B	Y	E	B	Y	K	C	O	R	P	P
U	U	Z	A	N	O	L	E	M	D	A	O
B	H	S	I	F	I	P	L	J	B	T	H
M	A	S	U	P	E	R	M	A	N	R	C
C	X	S	R	A	W	R	A	T	S	A	Y
H	A	R	R	Y	P	O	T	T	E	R	S
A	R	E	G	N	I	F	D	L	O	G	P



From top to bottom:
Residents Barry, Finau and Irene
enjoying their birthday celebrations.

Happy **BIRTHDAY!**

JUNE

- June 5 Tuti S
- June 7 Shirley R
- June 9 Leslie B
- June 16 Ann L
- June 13 Bonnie M
- June 19 Ian A
- June 27 Helena Mc
- June 30 Helen R
- June 30 Rosa T

JULY

- July 13 Angela B
- July 26 Chrisoula B
- July 26 Peter K
- July 10 Theo S

Quiz Answers: 1.B. Amity Island. 2.B. Odyssey 2000. 3.B. 88 mph. 4.C. Harrison Ford. 5.C. Cal. 6.B. Paul Hogan. 7.A. Timon and Pumbaa 8.C. Pottery wheel scene.

LIGHTS. CAMERA. *Action!*

Thank you to everyone involved in our recent photo shoot.
Photos from the day...



Top row: Resident Christine enjoying *The Heartbeat*; Clinical Care Coordinator Frank.
Second row: Hawera and Sajana; Nitisha.
Bottom row: Our Physio Tony keeping our residents moving; a caring moment.



*Top row: Bhawana at the Nurse Station; David and Michael focussed on the chess board!
Second row: Liz enjoys a cup of tea with resident Eileen; Care Partner Vicki with Bethel Home Care client Margaret
Bottom row: Bandana with Beth; Alana.*

People & Culture

Welcome to this update. As we approach the mid-point of the year, the HR team is pleased to share an update on several key initiatives currently underway.

REWARDS & RECOGNITION

We have successfully rolled out our Rewards & Recognition Program. Initially launched to celebrate our care staff, we have now expanded the program across all departments. The feedback has been overwhelmingly positive, and many deserving individuals have already been recognised. This program honours team members who embody our core values: Respect, Compassion, Excellence, Integrity, and Stewardship.

EMPLOYMENT HERO: PAYROLL & ROSTER UPDATE

We are nearing the final stages of integrating the Payroll and Roster modules into our Employment Hero

platform. HR has been collaborating closely with the Employment Hero Project Team to ensure all data migration is accurate. We have successfully completed “parallel pay runs” to verify that the new system functions perfectly.

Next steps include intensive training for the HR and Rostering teams, followed by internal staff training sessions.

Additionally, we are transitioning all mandatory training to the Employment Hero platform, providing staff with a larger catalogue of training material accessible directly from their mobile devices to enable them to access information more quickly and ultimately serve our residents and families even better.

Below: Thank you BBQ for our nurses and care staff. You are amazing!





Above: Led by Stephen, residents create special biscuits and artwork to celebrate NADOC Week at ABH.

WORK HEALTH & SAFETY (WHS)

We have taken the first steps toward establishing a formal Work Health & Safety Management System (WHSMS). HR has developed a WHS Improvement Plan focused on building a safer workplace. In early June, we will launch formal Safety Team meetings to strengthen our processes through direct consultation with team members. Our goal is to embed a proactive safety culture across ABH.

E-NOTICEBOARD

Our staff have a new E-Noticeboard in the staff room. This HR initiative was launched to streamline communication and keep everyone informed. Updated weekly, it features important updates, training progress, birthday celebrations, and upcoming events.

LOOKING AHEAD: OUR NEXT ENTERPRISE AGREEMENT

We are just beginning the groundwork for our next Enterprise Agreement. It's early days, but this is a key priority for us as we work to strengthen our people strategy. We're excited to build an agreement that takes us into the future, and we will provide more details as the process officially gets underway.

INTERNATIONAL NURSES DAY 2026

On May 12th, we took some time to celebrate International Nurses Day. To show our appreciation, we hosted a special celebration lunch. This year the theme was "Our Nurses. Our Future. Empowered Nurses Saves Lives". We thank our care staff for everything they do, every day.

Cesar Antonio Suazo, HR Manager



Winter 2026
Bethel Home Care
CONNECTIONS *Live the life you choose*

Did you know we offer *home care services?*

For more information, or to speak to a Bethel Home Care representative, enquire at ABH Reception.

- ✓ Domestic assistance
- ✓ Lawn and home maintenance
- ✓ Transport and much more
- ✓ CHSP, Support at Home or privately funded

This winter, we feature a new initiative for Bethel Home Care, the Aged Care Volunteer Visitors Scheme (ACVVS). Read about how you can become a volunteer. Alternatively discover how you can benefit from the program yourself by receiving regular visits from one of our volunteers.

Tired of plain porridge? In Recipe Corner, discover how to keep porridge invigorated throughout the winter. And please remember, we are only a phone call away. Stay cosy, safe, and connected this winter.

Margaret Pistevos, General Manager mpist

Ashfield Baptist

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Live the life you choose

Bethel Home Care

Did you know ABH also offers home care?

You might have already seen our new posters popping up around the building. If you or a loved one is struggling with mowing your lawns, cleaning, and basic home maintenance, Bethel Home Care is the division of ABH dedicated to all things home care. Some family members of our residents are already Bethel Home Care clients.

We have a dedicated growing team of support workers and care partners, and we offer services to those receiving a CHSP or Support at Home* package or to private clients.

**Funded by the Australian Government.*



Bethel Home Care

Live the life you choose

Please ask at ABH Reception to speak to a Care Partner if you want to find out more.

We also have a regular newsletter Connections. If you would like a copy of the latest edition, please contact Reception. It is also available on our website bethelhomecare.org.au

ACVVS

An Opportunity to volunteer with us or receive a visit from a volunteer.

Bethel Home Care has recently been awarded a very special opportunity to partake in the Volunteer Visitors Scheme (ACVVS)* ACVVS. This volunteer scheme is designed to provide quality visits for home or residential care ACVVS recipients to improve quality of life and alleviate loneliness and isolation. From July onwards, as well as being able to offer these visits to our clients and the community, we are looking for volunteers who can dedicate one hour each fortnight to spend time with others. For recipients it's a chance to see a friendly face, have a good chat, read together, play games or just share a cuppa and a biscuit. Volunteers are matched with older individuals, either in residential care or living at home, for regular visits.

If you are retired, semi-retired, or somewhere in between and have a little extra time on your hands, this rewarding opportunity might be just what you are looking for.

**Funded by the Australian Government.*

More information to follow however you can find out more in our latest Connections or ask to speak to Margaret Pistevo about how you can volunteer or organise for a visit to a loved one or friend who may benefit from a visit while residing at ABH or at home. You don't have to be an existing resident or client to apply.



Reflections COOL MONTHS OF WINTER

We have been reflecting on the fruit of the Spirit in our Wednesday devotions. In the gentle chill of Sydney's winter, when soft rains veil the harbour and jacaranda leaves rest on damp earth, our aged care home becomes a hearth of quiet grace and spiritual fruit. Here, seasoned lives glow like banked fires—warm, steady, and full of stories.

Within these walls, residents gather like winter blossoms—resilient and beautiful.

A favourite poem from “To Autumn” written by John Keats whispers truth: “**Season of mists and mellow fruitfulness,**” yet in age we find a deeper harvest - wisdom ripened, love distilled, hearts still singing though the days grow short.

Together we share tea, laughter, and the comfort of knowing every soul is tenderly held. Winter teaches us stillness brings strength. In community and care, we discover that the light within never fades. May these cooler months wrap each resident in peace, dignity, and the warmth of belonging.

As Scripture reminds us: “**Even to your old age and grey hairs I am he... I will sustain you.**” (Isaiah 46:4)

Danny Suleiman, Chaplain

Spiritual care CALENDAR

JUNE

Sunday Services

07 14 28 9:30am

21 9:30am online

Catholic Mass

16 23 10:00am

Devotional Service

03 10 17 24 10:00am

JULY

July services will be communicated by the Lifestyle team.

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.