



# The Heartbeat

This afternoon our team took some time out. We sat together, as a group, and just talked. Nothing work related, nothing about COVID, nothing about anything really. Just a good chance to connect. It's been a difficult period for everyone and, along with the care packages we've delivered to all staff, taking the time to breathe and sit in the sun with work colleagues and just be, was much needed respite.

Our lifestyle team create this respite daily for those in our care, in many different ways; from happy hour to gardening, exercise classes to one-on-one visits playing cards, reading or simply just company.

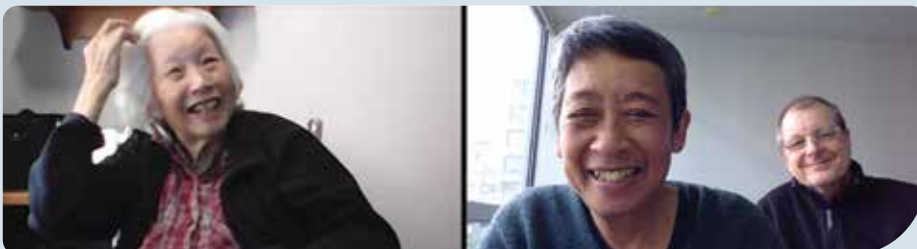
We are travelling this road together, side by side. There may be physical barriers of face masks, PPE and social distancing, but we remain united. Not as staff, or residents, or families, but one homogenous group, ready to tackle whatever comes our way together. We had a Superhero themed day last week, complete with colourful masks and capes, but really we are all Superheroes, day in day out. (Sorry Woody!)

Thanks again to everyone for your ongoing support, especially our families. We understand you are feeling the separation from loved ones. We are privileged to be the bridge between you.

**Leigh**

*Right: SuperWoody*

*Below: Elaine in great form chatting with her daughter Sharyn in Melbourne.*



## *On this day...*

### **August 1, 1838**

Slavery was abolished in Jamaica after being introduced by Spanish settlers in 1509.

### **August 5, 1944**

The Pharmaceutical Benefits Scheme (PBS) was introduced

### **August 17, 1980**

Baby Azaria Chamberlain disappears from a campsite at Uluru

### **August 24, 79 A.D.**

Vesuvius erupted

### **August 26, 1883**

The Indonesian volcano Krakatoa erupted creating tidal waves 120 feet high. Explosions were heard 2,000 miles away.

### **September 26, 1948**

Olivia Newton John born.



### **September 27, 1930**

The Sydney-Brisbane railway opened.



## Visiting pod INSTALLATION

**Our brand-new visiting pod has been installed outside the main entrance.**

Hourly timeslots can be booked as per usual via Zipline, 7 days per week, with up to two visitors at a time. The resident and visitors will sit either side of the glass and chat through the phone link. We've made the pod as welcoming and homely as possible. Both sides are air conditioned and visitors are not required to be vaccinated. Zoom visits are terrific and will continue for families who can't travel or live outside Sydney.



## Sprint into Spring WITH THIS GENERAL KNOWLEDGE QUICK QUIZ

1. Before Spring, Spring time and Springing time, what was the season known as based on an old English word?  
a) Lent  
b) Advent  
c) Epiphany  
d) Pentecost
2. On which date this year does the Spring Equinox fall in Australia?  
a) September 1  
b) September 15  
c) September 23  
d) September 30
3. In which of William Shakespeare's plays is the poem known as "Spring" (entitled "Ver") sung at the end?  
a) The Tempest  
b) The Winter's Tale  
c) Love Labour's Lost  
d) Two Gentlemen of Verona
4. In Victoria and NSW, a festival of which flower is celebrated in Spring?  
a) Wattle  
b) Agapantha  
c) Lily  
d) Tulip
5. In Vivaldi's "Four Seasons" where does Spring occur when played in the correct order?  
a) First  
b) Second  
c) Third  
d) Fourth

*Answers on page 12.*



## MULTICULTURAL HEALTH COMMUNICATIONS AWARDS 2021

Huge congratulations to our very own Bhadra Waiba, who has been selected as a finalist in the NSW Government Multicultural Health Communications Awards 2021 in the category 'Volunteer/Community Member of the Year'. Bhadra's nomination reflects her tireless work connecting the Nepalese community with the latest Covid-19 information and support.

Dr. Jan Fizzell, who is the daughter and Goddaughter of two of our residents, has also been nominated as the Staff Member of the Year. Dr. Fizzell is a Senior Medical Advisor working in the Office of the NSW Chief Health Officer. Her regular live Facebook posts and Q&As have helped provide clarity and guidance throughout the pandemic.

We are very grateful and lucky to have the involvement of two such amazing people at ABH.



*Bhadra hard at work supporting the Nepalese community in Canterbury-Bankstown; and receiving her nomination with Leigh*

## NEW BUSINESS MANAGER FAREWELL PUSHPAM & WELCOME ANDRADA

This month we thank and farewell Pushpam Velloopillai for all her work and support managing the business, particularly over the past two years. Pushpam is taking time out to support her family. We wish her all the best.

Welcome to Andrada Coltheart, our new Business Manager. Andrada is originally from Targu Mures, Romania and migrated to Australia in 2010. She lived in the UK for six years before coming to Australia and working in various industries. Most recently Andrada has returned from being a missionary in the Middle East for 3 years where she served alongside ADRA (Adventist Development and Relief Agency), in schools, outreach programs and urban centres of influence amongst others.







## Say hello to...

### RESIDENT NINO GHIOTTO

*How long have you lived at ABH?*

I moved into A H Orr lodge at the beginning of 2021.

*Where did you grow up?*

I was born in the Veneto region of Italy during the depression. My family spent my early years living with my father's family. During WWII we moved to the Friuli region where I continued primary and middle school, and then went to a technical High school. After school I did my military service and trained as a radar technician. Afterwards I was stationed at the Verona Air Force base in the traffic control tower.

*Where else have you lived?*

On finishing military service I tried to start a business in my home region to fix people's radios, but the economic recession after WWII in Italy made it very hard. So I decided to follow my siblings and relocate to Zurich in Switzerland. I lived there for 10 years, got married, had a daughter, Mirjam, and continued studying to become an electronics technician. In the mid-1960s I moved to Montreal in Canada where I met the mother of my other two children. We also lived in Calgary and my son Danilo was born there. I developed my electronics business by fixing televisions and installing antennas.

*How did you come to live in Australia?*

Finding Canada too cold for Danilo's health, we moved to Australia in the



*Above: Nino sharing his love of reading with a friend.*

*Below: With his family.*

early 70s. My brother already lived here. We decided to move here when I rang him during a snowstorm one Christmas and he was heading to the beach! Our daughter Nicole was born here in Sydney.

Soon after moving here, I opened a TV repair shop in Regents Park, and we all moved in upstairs. A few years later we moved into a house in Lidcombe, where I lived until moving into ABH.

*What jobs have you had?*

In the eighties I decided to do a Bachelor of Arts and DipEd to re-train as a high school language teacher. I have always



been so interested in language. I am fluent in Italian, German, French and English, and can have conversations in Russian and Spanish, plus I have knowledge of beginner Japanese and Mandarin. I worked in various schools across Sydney, as well as being an Italian Saturday school teacher.

In the early 1990s I bought a language bookshop in Concord and ran it until the mid 2000s when I sold it and retired. But I continued to teach languages in various forms up until I reached my mid-eighties!

#### *Tell us about your family*

My first daughter Mirjam lives in Zurich, Switzerland with her husband. My son Danilo now lives in America with his wife Bree. We are in regular contact. He was able to come here earlier this year and helped me to write and publish my memoir. My youngest daughter Nicole lives in Sydney with her husband Matthew, and her 2 daughters, Isabella and Amelia. I spent a lot of time with my grandchildren when Nicole returned to work, minding them before they reached school age and also picking them up after school, which was very special.



*Above: Nino in Canada, and the proud author at his book launch at ABH in June. Below: The family electronics shop in Regents Park; and with Danilo and Nicole at a Sydney beach.*

#### *What music and books do you enjoy?*

I love various types of classical music and books. The Greek classics by Homer are amongst my favourites. I love fiction and philosophy and wrote an autobiography in my native Italian about my early life which came out on Amazon earlier this year.

#### *What are your best memories?*

I have very fond memories of my childhood which I write about in my memoir, despite the difficult times in which I was born and lived.

Before television and radio came along, I spent my evenings listening to the Brothers Grimm stories sitting on my grandfather's knee – he was a great storyteller!







## Staff profile

### MARK WILSON SIGUENZA ROSTER MANAGER

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

I was born and raised in Mariveles, a town located in the southernmost tip of Bataan Peninsula in the Philippines, surrounded by beaches and coves. The town was known in the history books as the starting point for the “Bataan Death March” that happened on 9 April 1942 during WWII when Japan invaded. Both my sets of grandparents were there during the Fall of Bataan. They fled to the mountains with their young children, including my parents, to escape capture or imprisonment.

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

Back in the Philippines, I have my mum, my younger sister and my soon to be nephew which is exciting. My older sister is a US-based RN. Here in Australia, I live with my partner Ryan and his family. We got married on 31 August 2019. I moved here to be with him in 2017.

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

I’ve worked here for 2 years and 5 months. I was first hired as a casual Care Service Employee (CSE) and eventually became part-time. Currently, I am managing the roster administration position. I also work and help our home care clients.

In the Philippines I was a practising RN for 10 years in one of Manila’s top hospitals. I’m in the process of getting my nurse registration here in Australia. So hopefully by next year I will be an Australian RN.

#### *Three phrases to describe you.*

- Family comes first.
- What doesn’t kill you makes you stronger
- Always look back where you came from

*Above: Mark. Below left: Mark and Ryan’s wedding. Below right: Mark’s family in the Philippines.*





Above left: Mark and Ryan in Port Stephens.



Above right: Mark and Ryan at Perisher.

### *Tell us about your other interests*

Being new to Australia, I used to do a lot of long drives with my partner on weekends visiting the region and outskirts of Sydney. Since these lockdowns, I now find gardening relaxing and enjoying. I'm into collecting rare varieties of orchids.

### *Ideal holiday destination.*

I'm drawn to ancient cities and civilisations. I would love to visit Greece, Rome, and Egypt.

### *What is your greatest achievement?*

Professionally – when I finished my Master of Arts in Nursing few years ago.

Personally – becoming a better person and a productive member of society.

### *What do you love doing?*

Going to a spa and pampering myself with all scrubs and massages!

### *Biggest learning during the pandemic.*

I've learned during these challenging times that KINDNESS is the greatest virtue. The pandemic made me even more grateful for the simple things in life we normally would take for granted.



Happy Century Stan! (24 June)

## *Happy* **BIRTHDAY!**

### *August*

Aug 1 . . . . . Enza M

Aug 5 . . . . . John F

Aug 8 . . . . . Emilia V

Aug 13 . . . . . Silvana

Aug 14 . . . . . Norma J

Aug 16 . . . . . Veronica C

Aug 17 . . . . . Dorothy L

Aug 22 . . . . . Carmela N

Aug 28 . . . . . Alfred M

Aug 29 . . . . . Christopher H

Aug 29 . . . . . Roberto F

Aug 31 . . . . . Heather T

### *September*

Sept 4 . . . . . Suzan B

Sept 4 . . . . . Marcia M

Sept 8 . . . . . Elizabeth M

Sept 10 . . . . . Helena B

Sept 8 . . . . . Marion H

Sept 16 . . . . . Angela L

Sept 21 . . . . . Keith W

Sept 27 . . . . . Carole H

Sept 28 . . . . . Aidree C





## FROM THE KITCHEN...

We look after the residents as much as possible with varied seasonal menus. Our next themed menu will be for Father's Day on 5th September.

I design our menus specifically for ABH with input from a dietician, and I attend regular resident meetings to incorporate feedback. Some of our more tech savvy residents even email us recommendations!

The sweet treats are always popular, and the pikelets and vanilla crepes go down well. Silverside beef is another favourite, it's slow cooked overnight so the meat is very tender. When we made seafood paella, some residents only liked the seafood while others preferred the rice, so the next time we deconstructed it, and everyone was happy!

All our staff are very grateful to work in such a warm, caring, and supportive environment.

*Hendri, Cater Care Head Chef at ABH*



*From top: Hendri making the crowd favourite profiteroles; Cater Care team prepping carrots; Liz and Hendri catching up; Our wonderful Cater Care team.*







## Reflections

### OUR FATHER

With Father's Day coming up, it's heartwarming to learn that today's fathers spend twice as much time with their children than in 1989, and almost triple the amount of time as in 1965.

With many factors at play, the gift of an active presence of a father is invaluable!

Sonara Smart Dodd was clearly impacted by the love of her father. She spent almost 60 years pushing for the official recognition of Father's Day as a national holiday in America. Her committed father, William Jackson Smart, was a Civil War veteran who was twice widowed and raised six children as a single parent.

111 years later, we seek to celebrate fatherhood, paternal bonds, and honour the influence of fathers in society.

Through prayer and study of God's character, we can find healing from our father wounds and relate to our Heavenly Father as He is.

*"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! "*

1 John 3:1

**Ruth Njogah, Chaplain**

### WHO AM I?

"I was born in Croatia and had two brothers and two sisters. My father worked in the railway and my mother raised us at home. My Father was not a good man and my sisters and I were forced to grow up in an orphanage during WW2.

I went to university to study Mining and worked in gold mining. I later worked as a car park attendant for 25 years.

I have lived in Croatia, South Africa, and in Australia.

My wife was from India and though we had no children, she was the best thing in my life, and I was so proud to be married to her. She died 22 years ago.

I have always enjoyed hand ball & soccer, love watching sports, enjoy clean comedy and going for exercise in the mornings. I don't like being a burden to anyone and want to be as independent as possible. I now live in Cherrie Hinton in AH Orr Lodge and have been here since 2018."

*Answer on page 12.*



## Video **BETHEL HISTORY**

To celebrate our 70th year as Ashfield Baptist Homes we have developed an infographic showcasing our journey, from Ashfield historic residence through to Bethel Rest Home and today's modern combined facility.

The artist used historic photographs of Bethel's evolution to create his illustrations. Together with a warm Aussie voiceover and upbeat music, the final video really brings to life our rich and varied history of caring for life through the years.

You can view the full 3 minute video here <https://vimeo.com/589151410>



## Coming up...

We are hosting a Zoom information session for residents and families discussing medications, including polypharmacy and antidepressants.

The expert panel will include a pharmacist, a GP, and a Care Manager. We're planning for the end of September – details to be confirmed. Please email Barry at [bcowling@abh.org.au](mailto:bcowling@abh.org.au) if you have any specific questions to address.







SUPERHERO DAY



CRAZY SOCK DAY



FACEBOOK HAPPENINGS



ARTS & CRAFTS

Chocolate marshmallow fountain. YUM!



Day Trip to Paris



SPARKLE DAY



CHRISTMAS IN JULY



Daffodil Day



Ten pin bowling







## Sunday Services AT ABH

As well as our chaplain Ruth and her wonderful band of volunteers, we're very lucky at ABH to have other staff volunteer to run our Sunday services.

Last week Livi came along and hosted 2 groups. Livi did a chaplaincy course last year and residents received a combination of tea bags, sweets, plants, and a bookmark.

Jamie our café manager is also kept busy between running back-to-back Zooms and leading two Sunday services when we're next able. At this rate he'll need a café assistant once it opens again!



**QUICK QUIZ Answers: 1.a)** Lent. (Lencten in old English). Various religions saw it as a time of new growth and renewal as flowers and plants sprouted. **2.c)** 23 September. Astrologists say on or around the 22nd is when the Earth's poles are the same distance from the sun and the southern hemisphere will start to receive more light than the Northern Hemisphere. **3.c)** Love Labour's Lost. Shakespeare's Sonnet 98 also begins "From you I have been absent in the Spring." **4.d)** Tulip. Victoria's takes place in Silvan and NSW's takes place in Bowral. **5.a)** First. Spring is probably the most well-known section of Vivaldi's "Four Seasons". The second movement of Spring has what is known as Vivaldi's barking dog.



**WHO AM I? Answer:** Miro Mavrovic

### 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.*

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