

# The Heartbeat

We have operated this year throughout 107 days of lockdown and community stay-at-home orders, often with state and federal health restrictions changing daily. It has truly been the Kingda Ka of roller coaster rides.

Significant changes to our internal processes and protocols were met with enthusiasm and an unspoken acceptance for each of us to do whatever it takes to keep all at ABH safe. And that's what we did. Thank you for the part you have all played in this.

And now we are open to visitors, with several ways you can book to see your loved one or arrange an excursion. We look forward to opening up even more in the coming weeks, including bus trips and entertainers. And we're currently planning an even bigger and better way to celebrate Christmas with loved ones – more details to follow.

The real strength of our pandemic response, however, is not the work of just a few, but of literally our whole team, every day, every touch point of care. I want to thank everyone who has shared in this responsibility for doing everything possible to protect residents, clients, and staff. Your commitment to our values has again demonstrated our strength. And thank you also to our families who have supported us in this mission: your patience and gratitude has been humbling.

**Leigh**



*Right: Chaplain Ruth  
paying a visit to Suzan.*

## *On this day...*

### **3rd October 1985**

The first Australian Formula One Grand Prix is raced in Adelaide.

### **4th October 1935**

Luna Park in Sydney is officially opened.



### **7th October 1959**

John Lennon born in Brighton, East Sussex.

### **9th October 1888**

Launceston, Tasmania is proclaimed a city.

### **26th October 1921**

The first group of Barnardo's Boys arrived in Sydney.

### **19th November 1996**

Martin Bryant is sentenced to 35 life sentences plus 1,035 years without parole for the Port Arthur massacre.

### **24th November 1986**

Pope John Paul II began an Australian tour.



Top: Volunteers acting out the story of the Good Samaritan in Tuesday's Devotional Service.

Above left: Allan, and right: Ken

## VOLUNTEER CORNER

**As we come to the close of 2021, we continue to appreciate and celebrate our amazing volunteers. You continue to be the wind beneath our wings.**

You have creatively supported in caring for our residents. Thank you for exploring new connection points through this very unprecedented season! You have sent pre-recorded sermons, explored zoom visits and services via zoom. In the same breath, we welcome 2 new volunteers to the ABH team.

### ALLAN SIAA

"My name is Allan Siaan, born in New Zealand. My parents and ancestors are from Samoa. I am a musician, performer. I used to play in bands in my young years all over Sydney.

I am currently playing base guitar in the worship team at Inspire church. I love people and I used to volunteer at other Aged care facilities around Liverpool area. I believe it's nice to give back and minister to people.

I am also a leader at Inspire church helping with bible study groups and prayer ministry. I am looking forward to meeting everyone at ABH."

### KEN KAMAU

Ken is originally from Kenya where he served as Baptist Pastor before moving to Sydney with his family. He is serving as senior Pastor at Earlwood Baptist Church.

Ken is married to Ruth, our ABH Chaplain. They have two children – Nathan who is 15 and Mukeni who is 9.

Ken holds a Bachelor's degree in Bible & Theology and is passionate about seeing new kingdom initiatives, multicultural ministry and leadership development. Ken loves taking long road trips, cooking and nature.

**Do you have time to offer? We are recruiting volunteers! Contact: [chaplain@abh.org.au](mailto:chaplain@abh.org.au)**

## Family TESTIMONIALS

*"Your team at ABH are amazing and caring and I cannot thank you enough for all you do across the board."*

*"The visiting pod is a kind and wonderful idea that displays the empathy ABH always strives to have for the residents."*



## Reflections

### LOVE IN A BLANKET

....our warm welcome to ABH

**He will cover you with his feathers.**

**He will shelter you with his wings.**

**His faithful promises are your armour and protection.**

*Psalm 91:4*

A blanket is one of those meaningful items found in a home as an expression of intrinsic craftsmanship and artistry. Blanket-giving is also a symbolic gesture in different cultures through life transitions.

Home-made blankets have been associated with communicating feelings of comfort, kindness, respect, love, warmth and cultural heritage towards the recipient; a covering as a symbol of security or protection from the cold. Such is our Heavenly Father's love and protection over his children – sheltering us from the winds and storms of life through his promises.

As I walk around ABH, I enjoy listening to the stories behind every knitted, quilted or crocheted blanket. These colourful pieces are treasured by our residents, bearing heartfelt memories of loved ones, occasions and for some, a creation of their own hands.

At ABH, we are blessed to have a resident who lives through her crocheted gift making blankets for our fellow residents.

**Ruth Njogah, Chaplain**



*Right: Margaret Dunsmore showing off her crochet skills.*

### TESTIMONIAL

Who would guess that the journey of a small lap blanket would bring so much love and comfort to so many people?

This all started 8 years ago when I was asked if I would like to do them for ABH.

In the 8 years, I have been amazed by how many people have been touched. Some of the stories that ABH has shared with me are very overwhelming – bringing lots of love, joy, happiness to many. It is fulfilling for me to share this gift that has been given to me.

I would like to thank ABH for inviting me to continue with the Blanket ministry.

God Bless you all.

**Friend of ABH**







## Say hello to... **RESIDENT MARGIE NICOLL**

**My grandmother Nicoll** opened her house in Scotland to Australian soldiers during the First World war. After the war, there were no jobs, so my dad and his brother went to Australia. Then my grandfather took his wife and four girls over to America. So I have many American cousins.

**I trained as a nurse and midwife** in Melbourne and went to England when I was 25. A matron at a hospital in Southend on Sea, Essex, could offer me Intensive Care, accident and emergency or operating theatre. I chose emergency but I was terrified! At first when the ambulance bell rang, I would run into the sluice room and shut the door so no-one could find me. But in time I became more confident.

*Below left: Margie and her beloved dog Daisy.  
Below right: Margie and Sanjina.*

**It took me a while to settle** into this new role and the different way of life, people with their funny kind of English and funny phrases. On Christmas Eve, we turned our capes inside out, with the red lining on the outside, and carried lanterns and sang carols in the wards. Then we would go to Matron's flat to have mince pies and mulled wine. I worked at Southend for five years. The staff became very good friends of mine. They still send me Christmas and birthday cards.

**Some years later I went to America.** Ever been stuck in a snow drift? I got stuck in one in Chicago for 18 hours! My feet were like blocks of ice! I thought, *I must be mad. I loved England, why did I come to this place?* My aunt tried to marry me off, she used to have lots of parties where she invited marines. I felt very embarrassed, like I was up for sale. She tried to get me naturalised, but I didn't want that, I really didn't like America.





**I left the States** and spent some years getting work throughout the Pacific Islands. Sometimes I just worked for bed and board. I learned a great deal about tropical medicine. I ended up in Port Moresby, New Guinea. Eventually, the sense of always having your mail chase you caught up with me.

**I came back to Australia.** By then I'd been out of the country for so long, I was told I needed a re-entry permit to come back, even though I was born here!

**I returned to the Royal Melbourne Hospital** and some friends encouraged me to work with Aboriginal people in the Northern Territory. When the mail plane came, all the children came racing to the airport straight from school. The Aboriginal people had many strange ideas about health. Many babies were fading away, with pneumonia, or leprosy, and were too weak to suck on a bottle.

**I stayed at the settlement for five years.** One particular incident comes to mind. A woman was having her first baby and it was a breech presentation. Number one, out and okay, and then another foot came out! Undiagnosed twins, both breech. (Guess who nearly had a coronary?)

*Above left: Jan and Kym's Confirmation.*

*Middle: Margie, John and Val with Jan and Kym.*

*Right: Margie at Royal Melbourne.*

**Following my time working in the bush,** I came to Sydney and worked at Canterbury Hospital. After many years, I was retrenched from my final position which was in Emergency at Sydney Children's Hospital.

**While in the Northern Territory,** I made several good friends. Val, one of the other medics, was married to John and they had two gorgeous girls, Jan and Kym. Jan is a doctor in NSW Health, keeping us all alive through her diligent work on the virus. She is my Goddaughter. The second gorgeous girl, Kym, is also my Goddaughter. Kym is very involved with communication around the world.

**Following retirement** I became involved in Dog Obedience Training and did many courses in Animal Behaviour. This later led to tutoring vet students. Jan and her husband Anthony are foster parents to my darling dog Daisy.

**My three greatest loves** are Scotland, dogs and flowers.

May we all live to breathe another day.



## Staff profile

**JAMIE HIGGINS**

**CAFÉ MANAGER/CARE STAFF**

### *Where did you grow up?*

I was born at RPAH in Camperdown and grew up in the rectory of Newtown Baptist Church where my dad was the pastor. My three brothers and I attended Stanmore Public School in primary and Regents Park Christian School. We moved around Sydney several times, living in Marrickville, Bexley North and Earlwood.

### *Tell us about your family.*

My wife Elaura and I have been married for 3 years, and we live in Rosehill with our son Jude and daughter Mercy. I'm writing this sentence from home, as Mercy was only born on October 13th! Elaura and I come from quite different cultural backgrounds, but our faith has helped us to bond and grow together. We actually met, got engaged, and were married all in the church building!

*Above: Jamie in the Café*

*Below: With Elaura, Jude and Mercy.*



Our different backgrounds find expression in the kinds of foods we grew up with. Elaura's parents emigrated to Australia from The Philippines, cooking traditional dishes like Munggo (mung bean stew) and Sinangang (Garlic Fried Riced). I grew up with Anglo-Australian dishes like spaghetti bolognese or bangers and mash. We have had a great time working out our own unique family traditions and cuisine.

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

I joined the team as Café Supervisor in February 2020. Since then, my role has evolved in response to the pandemic and lockdowns. I have had the opportunity to be involved in lifestyle activities, Zoom virtual visiting and the Sunday chapel service.

### *Three phrases to describe you.*

Helper, Inquisitive, Determined

### *Tell us about your other interests*

Especially since starting a new family, I have discovered a love for cooking. I really enjoy researching and putting together a new dish for the first time. We recently tried making risotto and it turned out well! I also enjoy playing futsal and spending the day fishing – but haven't had much of a chance to do either in lockdown. It turns out to be quite difficult finding a good place to fish when there isn't much water within 5km of home!





### *Ideal holiday destination*

I would love to visit The Philippines as a family one day to meet my wife's side of the family – she also has relatives in Canada and the USA that I would love to meet some day.

### *What is your greatest achievement?*

This may be a cliched answer, but definitely my wedding day. I married up! Elaura is always encouraging, helping and challenging me to grow in my faith and my character.

### *What do you love doing?*

What I love doing most – and have most missed in lockdown – is meeting with my church family. I always have an encouraging time when we sing, pray and hear from the Bible together. It has brought me a lot of joy over the last year to be able to lead some of the ABH Sunday services and help our residents have that experience together.

### *Biggest learning during the pandemic*

In a season where there is a lot of instability and everything is so unpredictable, I have learned the importance of having things in my life to stay grounded and stabilised. For me, that is primarily my faith and my family. We have taken great comfort in these words from Jesus: *“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”*

*Matthew 7:24-25*

*Below left: Jamie with his parents and brothers on his wedding day.*

*Below right: With his brothers growing up.*



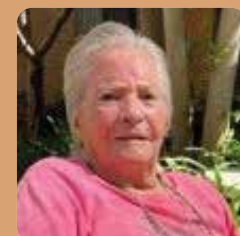
## Happy BIRTHDAY!

### October

Oct 1 . . . . . Gaetan Z  
 Oct 2 . . . . . Guiseppe R  
 Oct 4 . . . . . Maria P  
 Oct 5 . . . . . Magdalene C  
 Oct 8 . . . . . Tonka T  
 Oct 9 . . . . . Dimitri A  
 Oct 10 . . . . . Carmela M  
 Oct 14 . . . . . David T  
 Oct 19 . . . . . Katina N  
 Oct 22 . . . . . Marina V  
 Oct 25 . . . . . Jocelyn T  
 Oct 25 . . . . . Angela S  
 Oct 26 . . . . . Rodolfo B  
 Oct 28 . . . . . Maria Z  
 Oct 31 . . . . . Connie S

### November

Nov 5 . . . . . Joan G  
 Nov 7 . . . . . Dorothy M  
 Nov 7 . . . . . Jim M  
 Nov 10 . . . . . Joy H  
 Nov 11 . . . . . Wyn D  
 Nov 15 . . . . . Kalliope B  
 Nov 17 . . . . . Rosaria M  
 Nov 20 . . . . . Margaret H  
 Nov 24 . . . . . Max R  
 Nov 24 . . . . . Julie S  
 Nov 24 . . . . . Thomas T  
 Nov 29 . . . . . Michael N



*Happy 90th  
 Maria!  
 (4 October)*

## Bethel Home Care UPDATE

Since last year Bethel Home Care has delivered over 3,000 hours of service across 12 suburbs.

We employ 13 highly-skilled, experienced and compassionate staff members. Our staff have full access to Ashfield Baptist Homes' clinical team including registered nurses, clinical managers, infection control officer and educators to provide quality care for our clients, through consultation as well as in-person visits.

We are proud to say we care for clients across various cultural backgrounds – Anglo-Australian, Cantonese, Portuguese, Greek, Peruvian, Lebanese, and Russian – to name a few. We can achieve this due to our diverse workforce.

Our ties to the local community, including third-party services, are strong. These include allied health providers, plumbing, electrical services, gardening and catering, which are all accessed to best meet our clients' needs. We have adapted these services during COVID-19 to allow for house visits rather than clinic appointments.

Other home care services include personal care assistance, meal preparation, leisurely outings, transport to services, social support and accompaniment and household duties. We are always open to providing new services for our clients.

All our home care staff have been highly trained in effective infection control procedures, in particular since the COVID-19 pandemic. All staff carry thermometers, masks, gloves, and sanitiser, as well as the standard equipment all care workers utilise.

This challenging year has highlighted more than ever that our vulnerable populations are most at risk of isolation. We have more than twenty clients, representing over 100% growth even during the pandemic. Bethel Home Care is committed to expanding its profile across the Inner West and beyond to provide care and compassion to the elderly.



### 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](http://www.abh.org.au)

### Bethel Home Care

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**W:** [www.abh.org.au/bethel-home-care](http://www.abh.org.au/bethel-home-care)

**F:** [www.facebook.com/ashfieldbh](https://www.facebook.com/ashfieldbh)

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