

The Heartbeat

On my computer I have several quotes. One of them is:

We can't adjust the wind, but we can adjust the sails.

I am not sure who this is attributed to, but it does sum up how we have operated over the past year. Tacking, jibing and at all times trying to keep the boat's main sail full of air steered away from the COVID wind that blew so hard in 2021.

As we reach the end of the year, I like to reflect on the things that I am grateful for. To our wonderful staff – for their care and compassion; to our community of residents, clients, families and friends – for your unwavering support and showing us how to better serve you every day; to the Board – for their governance and leadership through another tough year. I thank each and every one of you – collectively you are what makes ABH a community of care and support.

As we look toward 2022 ABH has many great things in the pipeline: the realisation of the Village Project and works expected to commence, the continued growth of Bethel Home Care and the ongoing revamp of the interiors of both Bethel and AH Orr Lodge.

Thank you again for all of your support. I hope you all have a wonderful and joy filled Christmas and New Year.

Leigh



Above: Residents enjoying their Christmas party

On this day...

December 3rd, 1854

More than 20 Ballarat goldminers are killed in the Eureka Stockade.

December 28, 1836

The colony of Adelaide is formally proclaimed.

New Year's Day

Most celebrated holiday around the world.

January 1, 1660

Samuel Pepys began his famous diary chronicling life in London including the Great Plague of 1664-65 and the Great Fire of 1666.

January 16th, 1889



Cloncurry, birthplace of the Royal Flying Doctor Service, records Australia's highest temperature: 53°C.

January 25, 1533

King Henry VIII married his second wife, Anne Boleyn.



Christmas CELEBRATIONS

We transformed our garden behind Parr House into a grand Christmas marquee for four separate parties this year, so residents could celebrate with two guests each. Morag and her team did their usual fantastic effort with decorations plus live entertainment.

Thanks to Digital Armor, Form 1 and Ashfield Mall for their generous ongoing support of our whole community. Also thanks to our fabulous hairdresser Josie Macri, Ashfield Mall, Reward Distribution, Snap Burwood and Cater Care.

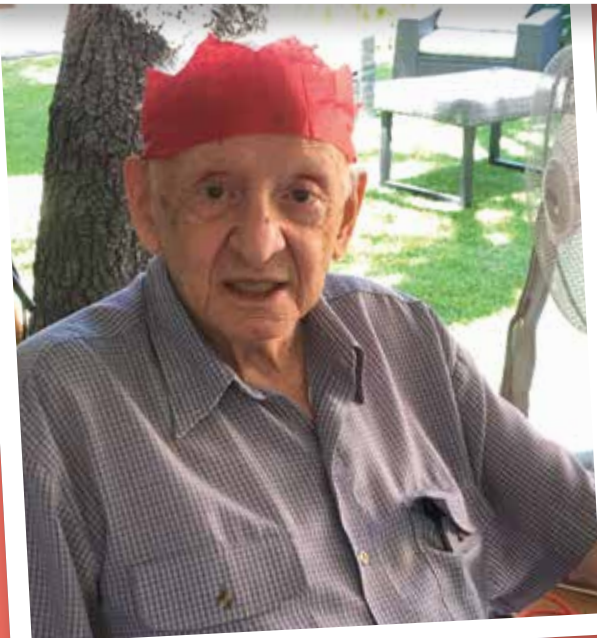


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Form1

**ASHFIELD
MALL**





Christmas Trivia Quiz

1. Why does Santa have Reindeer?

- a. It's a legacy from Thor whose chariot was drawn by magical goats
- b. Their red noses help illuminate the night sky
- c. They're easier to look after than Huskies

2. How many gifts are there altogether in the 12 Days of Christmas?

- a. Too many to count
- b. 364
- c. 625

3. Australia's Christmas Island has an annual migration of what?

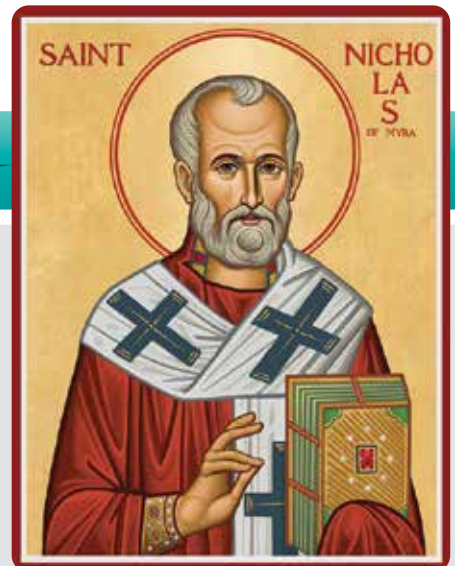
- a. Fairy Penguins
- b. Crabs
- c. Mosquitos

4. Where did the image of a scarlet, fur-trimmed jolly Santa originate?

- a. St Nicholas was rotund and jolly and always wore red
- b. Red represents fiery bible burning during St. Nicholas's reign as Bishop of Myra in Turkey
- c. A Coca-Cola advertisement

5. Why is Boxing Day so named?

- a. In Turkey, they hold boxing matches the day after Christmas
- b. After Pandora's box of Greek mythology
- c. Servants of the rich were given boxed gifts



Answers are on page 12.

BRINGING THE COUNTRY TO ABH

Tyler and Angel live in Baradine, a small town in north western New South Wales in between Coonabarabran and Pilliga with a population of 760 people. When their grandmother Robyn mentioned she needed some items for the Christmas markets, the craft minded kids collected farm scraps to make garden sculptures. ABH has commissioned them to make three flower sculptures to go into our

courtyards, which the kids are making partly from horseshoes. We're looking forward to installing them in the new year.





FAREWELL RACHEL!

We are very sad to say goodbye to our truly fabulous and caring Client Service Officer Rachel Worrell, who is leaving ABH at the end of this year.



When Rachel started 8 years ago, she managed Reception as well as Admissions, which feels impossible today. In her time with us she's received Staff Values awards for both Compassion and Stewardship.

We wish you and your family all the very best. Thanks for everything – we will miss you!

From Rachel: *It is with a heavy heart that I say goodbye to Ashfield Baptist Homes, which has been my second home for the past 8 years. However it's time for me to move on and put my family first. I cannot thank enough the incredible ABH team, residents and their families for the opportunities and friendships I will always cherish. The laughter, tears, and the satisfaction of working with you all and everything I've learned along the way. Though I bid you all farewell, I am excited to enter this next life chapter. Know that I leave holding ABH and everyone close to my heart, and I will miss you. Keep smiling!*

Happy BIRTHDAY!

December

Dec 1 Lorna W
Dec 4 Teresa R
Dec 14 Lucy P
Dec 22 Jennifer A
Dec 28 Helen D

January

Jan 3 Manuel A
Jan 6 Eileen H
Jan 14 Michael G
Jan 14 Margaret R
Jan 14 Margaret D
Jan 15 Gus R
Jan 21 Jack Y
Jan 25 Elaine L
Jan 27 Emily Y



Happy birthday Julie! (24 Nov)





Say hello to...

RESIDENT FRANK JACOBS

Where are you from?

My father was from Grenfell and Mum was from Goulbourn. I came to Sydney from Grenfell with my parents when I was five. I moved into ABH four months ago after I sold my unit in Seven Hills.

What was your job?

My father was a motor mechanic, but he said it was too dirty so instead I became a car upholsterer. I ended up buying a factory in Parramatta and I did work for most of the companies around there. I didn't go to Tech, I did all my training on the job. I had my business for 30 years.

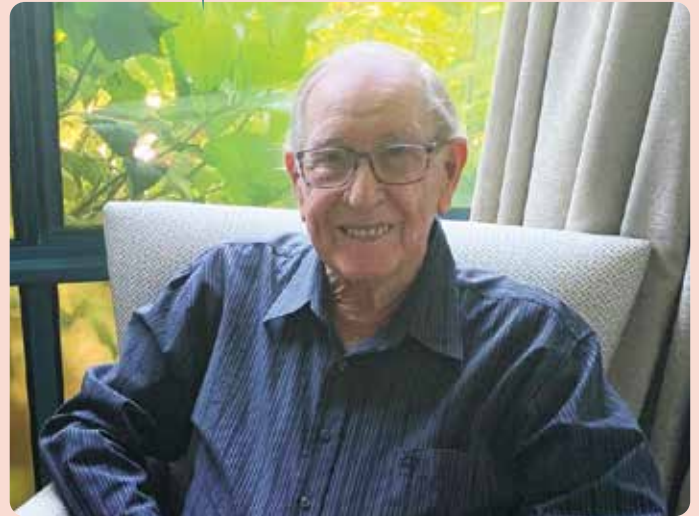
Tell us about your family

I was one of seven children, four boys and three girls. My wife Joy and I married in 1957. We were married for 58 years before she passed away five years ago. We had five daughters and three sons which gave us a busy life.

At last count there were 17 grandchildren and a few great grandchildren as well. I'm pleased Joy got to spend time with her grandchildren.

What do you believe in?

I have a strong Catholic faith, but I don't race around trying to persuade other people about it, everybody has their own choices in life. Some of my children still



Above: Frank at ABH

Below: Frank and Joy

go to church regularly but others don't. There's no use in getting upset about it. For me, religion can help you, keep you on the straight and narrow.

I've never been a drinker, I decided I just wouldn't start as it's one of those things that could grow on you. My children are all adults with their own lives, but if they do something I don't agree with I tell them.

What do you enjoy?

I was a member of Cumberland Golf Club for 52 years. After I retired, I got





down to a handicap of 12. I would have loved to reach single figures! I've had two holes in one though. I played rugby league for school until I turned 19 and still support the mighty Paramatta Eels. I also enjoyed playing tennis.

I like a little bit of a lot of things, movies, books, music. Joy and I went to the movies whenever we could. Television was brand new when we got married. My father-in-law had a TV so sometimes we went there, or we stood outside the shop and watched it through the window.

I'm fascinated by the staff here; they have amazing certain qualities. My granddaughter is training to be a nurse and works twelve hour shifts which are very hard.

What are some of your favourite holidays?

We had a time share and went on holidays to Coolangatta for 20 years, usually at Christmas as it was the only time I could get off work. We used to drive up there. The children are all spread out in age, so they didn't all come up at the same time.

We didn't really travel overseas but Joy and I enjoyed two trips to New Zealand and England, 25 years apart. One of our children was working in England at the time.

Best memory?

My best memory is of my wife holding our first newborn baby and seeing her enjoying time with the children.

How would you describe yourself?

I hope I live for another couple of years but maybe not another fifteen years! Letting go of driving has been very hard. I've been driving since I was 17, I must have had 20 or 30 cars throughout my life. I know Parramatta and Seven Hills like the back of my hand, but I don't like the traffic around here.

I've never really had any big ideas apart from doing the right thing by myself and my family and having a strong work ethic. I'm just one of the mob.



*Top right: Frank and his brothers
Bottom right: Frank and Joys' direct descendants*



Staff profile

SANJINA BHUJEL, ASSISTANT IN NURSING

Where did you grow up?

I was born in Nepal in 1998 and raised in Sindhuli Gadhi, a place famous for the battle between the Gorkha army and the British. I came to Australia in 2018. Now when I look back, I feel the time flies so quickly.

Tell us about your family

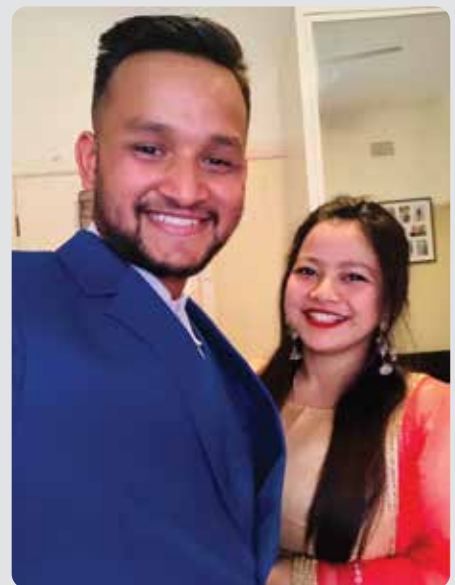
My beautiful family in Nepal includes my parents, my elder sister Sangina, younger sister Sailina and younger brother Sujan. My parents' struggle to raise us has been the inspiration for my career and to be able to support them in return. My mum worked hard in poultry and farming areas to give us a good lifestyle with basic needs. My dad worked in Saudi Arabia for 15 years so we could get a better education and set our goals in life. Now I feel his pain of living away from family.

Where do you live?

I live in Ashfield with my partner Anil. He is the one holding my hand, who gives me emotional and family support, who takes care of me, puts up with my tantrums and most importantly thinks of my family as his family. We have lots of friends here too which are like family.

What inspired you to a career in care?

In Nepal I volunteered for the life care hospital in Sankhu and I joined a health campaign at Sushma Koirala hospital supporting earthquake victims. I was also a member of the Red Cross in Kathmandu. My clinical nursing placement exposed me to earthquake victims who saw the positive side despite their trauma. This experience plus my family's encouragement inspired me towards nursing. In Australia I'm studying a Bachelor of Nursing and will graduate next year as an RN. I've worked at ABH for about a year.



Top: Sanjina at ABH

Middle: Sanjina and Anil

Bottom : Naran home at last after 15 years



Nursing is a lovely profession. I feel to be a nurse is to have both a brain and a heart. A brain that requires and holds information and experience, and a heart equipped for cherishing and caring. Providing care is a natural inclination, it reflects how we care for our family. Regardless of how hard the job can be, in some way, you've affected the existence of others. At the end of the day, that is the most amazing aspect.

Ideal holiday destination

After seeing my parents struggle for our better future, I have never demanded to visit new places. If you haven't been able to see your own country then I feel there is no point in visiting others. So, as soon as I achieve my career goals, the first place I would like to properly visit is Nepal, which is beautiful and a big tourist attraction.

What is your greatest achievement?

My family, partner and education. Being able to share my parents' responsibility is my greatest achievement. With God's blessings, I'm able to pursue my own career goals. I have a partner who treats my family as his own, which is a truly great achievement when some people

don't even have a roof over their head. I'm grateful for what I have in my life.

What do you love doing?

I go on local trips and camping with my partner and friends. I enjoy listening to music and love helping people in need. I love sitting near the sea watching sunrise and sunset.

Biggest learning during the pandemic

This pandemic has truly been a roller coaster. It has shown me the importance of family time. Also, life is unpredictable. We need to prepare ourselves to survive any challenges we may face. I believe it has taught us all to prepare for the worst but hope for the best.

Above left: Relief after the earthquake.

Above right: Family incomplete. Below: Sailina, Sabita, Sujana and Sangina at an uncle's wedding





ABH VALUES – ANNUAL AWARD RECIPIENTS

Every year we ask families, residents and staff to nominate a staff member who embodies one or more of our Values, which are enshrined in all that we do. After another challenging year, we recognise the significant contribution of all staff, who have supported us relentlessly and plugged every gap. From the bottom of our hearts, Thank-you.

Staff also presented Leigh with flowers to recognise her unwavering support and leadership throughout our constantly changing year.

Special congratulations to the following staff.
Well done and thank you!



Special congratulations to the following staff:

Respect	Treating people with dignity	<i>Sunita</i>
Compassion	Responding sensitively to individual needs	<i>Rose</i>
Excellence	Providing quality services	<i>Morag</i>
Integrity	Being honest and fair	<i>Yuna</i>
Stewardship	Managing environmental & other resources responsibly	<i>Jamie</i>



Above: Sunita

Respect

Sunita (Care Worker)

Sunita is a very kind and caring care worker who works exclusively in one of our dementia specific areas. She is often acknowledged for the respectful way she deals with the residents from the residents themselves, either verbally or in their interactions.

Compassion

Rose (RN)

Rose frequently receives positive feedback from families, her peers and co-workers. She has a calm approach, follows through on all matters and is very good at keeping families informed. She is incredibly compassionate towards those in our care and her fellow work team.



Excellence

Morag (Diversional Therapy Manager)

Every year Morag provides creative and innovative lifestyle programs to meet the ever-changing needs of the resident community. Over the past 18 months the whole program has had to be rejigged frequently to accommodate the changing demands of our COVID response. She has a no-nonsense attitude and gets on with doing whatever is needed.



Top left: Morag. Top right: Jamie
Above: Yuna

Stewardship

Jamie (Care Worker/ Café Manager)

Jamie has single handedly managed our virtual visiting program this year connecting residents and families. He has received much positive feedback for his manner towards the residents, the calls and the respectful way he assists them manage the new technology. He has really owned this program and demonstrated clear leadership.



Integrity

Yuna (Home Care worker)

We have, over the course of the year, received multiple compliments from clients about Yuna's care and approach. She demonstrates great integrity as a lone worker without the support of the broader organisation.

STAFF SERVICE *Awards*

We are incredibly lucky to have wonderful staff, many of whom have worked at ABH for decades. Each year we recognise their longevity and loyalty to ABH and all our residents.



5 YEARS

Laura (Clinical Care Manager, AH Orr)
Ernestine (Carer)
Sapana (Carer)
Sunita (Carer)
Juliet (Clinical Care Manager, Bethel) above
Wenjing (Ruby) (RN)
Ranjita (Carer)

10 YEARS

Kha (Kate) (CNA)
Geeta (RN)
Pascasie (Carer)
Kerrie (Carer)
Faustine (Payroll Officer)

15 YEARS

Tina (CNA) - below
Yiwen (Renee) (RN)
Minwei (Helen) (CNA)





Reflections

LET EVERY HEART PREPARE HIM ROOM

This Christmas, I have been blown away by our 9-year-old daughter, ready to do any chore and earn every coin she can to buy gifts for her friends. Her limited budget is not hindered by her huge generous heart. With every passing day she is busy creating and wrapping presents for people she loves. Her gift recipients may never know the sacrifices and loving thoughts behind what they will receive!

It makes me wonder if there is room enough in my heart to receive the gifts that Jesus Christ freely gives to all? An unlimited capacity to love. The ability to forgive. Numerous opportunities for repentance. And the promise of life everlasting.

Receiving this gift brings with it unspeakable joy. What a beautiful season for us all to believe and receive the Saviour's love. His greatest gift allows all of His other gifts to become ours.

*Joy to the world! The Lord is come
Let earth receive her King!
Let every heart prepare Him room
And heaven and nature sing*

POP UP CHOIR - Ashfield Baptist Church
19th December 2021, 4-6 pm

CHOIR / BAND - Earlwood Baptist Church
20th December 2021, 9:30 am

CHRISTMAS EVE
Carols & Nibbles, 2:30 pm
Ruth Njoga, Chaplain

Christmas Trivia Quiz Answers 1. a) Norse mythical stories relate tales of the God of Thunder's magical goats Gnasher and Cracker who guided him through stormy skies. 2. b) And what a menagerie from my True Love, comprising 42 laying geese alone. 3. b) Millions of flame crabs head to the cliffs for their annual migration to release their eggs before returning to the forest. Locals literally sweep them off the roads where there are no crab bridges or roadside barriers. David Attenborough considered filming the spectacle as a Top Ten greatest TV moment. 4. c) The image of Santa we know today originated from a 1931 Coca-Cola advertisement depicting him as a warm happy character with human features. 5. c) December 26th was one of very few days off for servants, thanked for their service with packaged gift boxes.

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

T: 02 9797 3600 **E:** info@abh.org.au

W: www.abh.org.au

Bethel Home Care

T: 02 9797 3600 **E:** info@abh.org.au

W: www.abh.org.au/bethel-home-care

F: www.facebook.com/ashfieldbh

31 Clissold Street, Ashfield NSW 2131