

The Heartbeat

There is no question that the current pandemic has taken a toll on us all.

Our residents have been hit especially hard, having to endure long periods of time, often isolated and without the ability to interact with friends and family.

This pandemic is still very much with us, and whilst just the mention of the word COVID brings to mind many negative connotations, as an optimist, I believe that we can take some positives from the situation we all find ourselves in.

One of those positives is a realisation about the need to focus on your purpose.

A question I ask of my teams on a regular basis is – what is your purpose?

I believe that understanding this – why we do what we do – allows us to be the best version of who we are. ABH has a unique culture, where staff members are aligned with our central purpose and core value – Caring for Life. I hope our residents see and feel this through the daily interactions they have with our team.

Simon (Interim CE)



Above: Our incognito Easter Bunnies making the rounds



Coming up...

Tuesday 3rd May

Ron Ashton

Award winning live performance artist

Tuesday 10th May

Neil Anthony

Golden Oldies sing-along

Thursday 19th May

Australia's Biggest Morning Tea

9.30am Café, in support of the Cancer Council

Monday 23rd May

Bushman Therapy Horse

Our most popular activity yet. More details to be sent out shortly.

**First Friday each month
Happy Hour**

Below left: Miss Eleni rocking ABH on 22nd March.

Below right: the Happy Hour trolley doing the rounds





Lobby UPDATE

After many delays, our new lobby is finally ready and in full use. Well done to Ana and the whole Reception team for managing throughout multiple relocations. Now the old desk has gone it's hard to know where it fitted! The new admin offices behind Reception will be ready in the next month, so residents will regain their cinema and staff their training room. We will hardly know ourselves.

Sadly we said goodbye this week to Jamie, who has moved jobs to be closer to home but is very sorry to say goodbye. We will miss his coffee bean enthusiasm and creative menus, not to mention prowess with Zooms. The café is still open during the week and bookable Zooms continue 7 days/week with Morag's team.



Our new reception and lobby

ON THIS DAY...

1st March 1932

The Lindbergh baby is kidnapped

1st March 1975

Television is broadcast in colour for the first time in Australia (see article)

2nd March 1933

King Kong (the movie) premiered in New York

17th March 2001

The Eden Project, the World's largest enclosed botanical habitat, opens in England



2nd April 1844

The first permanent synagogue in Australia opens in Sydney

12th April 1954

Bill Haley and the Comets release 'Rock Around the Clock'

17th April 1975

Qantas operates its first overseas passenger flight between Brisbane and Singapore

26th April 1890

Banjo Patterson's 'The Man from Snowy River' is first published



A WORLD OF Colour

Australian television stations officially moved to colour broadcasts in March 1975. Food marketers were amongst the first to seize the potential to display their products in more appetising colour, while many felt the additional cost producing colour commercials wasn't worth it, as most viewers were still watching on their black and white TVs. They misjudged the speed with which Australians would embrace the new technology. By 1978, close to 70% of households in Sydney and Melbourne had colour TV sets. That same year, the Melbourne Cup was first televised, live and in colour, to a national audience.



Happy birthday to David

Happy BIRTHDAY!

April

April 2 Derek C
April 3 Giuseppa S
April 6 Olga B
April 18 Monica M
April 19 Myra G
April 21 Joyce F
April 24 Christine S
April 28 David E

May

May 2 Edna L
May 4 Maude C
May 4 Robin F
May 7 Julie W
May 9 Frances M
May 13 Douglas M
May 16 Malcolm B
May 25 Ante O
May 25 Malcolm A
May 27 Mario F

VOLUNTEER CORNER

Hi, my name is Gabriel. I was born in the Philippines but raised in Bankstown. I'm currently serving at Earlwood Baptist Church as a student intern, and studying a Bachelor of Ministry at Morling College with the hope of becoming a pastor one day. I am engaged to my fiancée Bethany, and we'll be getting married in January 2023.



My time volunteering at ABH has been wonderful! It's been a blessing to be able to participate in singing and worship with the group – I love getting the chance to hear some of the members sing along to the hymns. But I also enjoy going around and meeting people, listening to their stories; their lives and experiences.

Our team continues to grow steadily. We appreciate all our volunteers who give their time and gifts to make a change in the lives of our beloved residents! Our Sunday and Communion services are enriched because of you.



Say hello to...

RESIDENT GAETAN ZACHARIE

How long have you lived at ABH?

Fourteen years. My wife was in the nursing home, and I came to look after her. She died after three years. I was happy here, so I stayed! I respect everybody, all the staff and residents. The staff are marvellous, they all worry about me.

Before ABH I lived in a unit in Campsie for eighteen years with my wife Marlene and children.

Where are you from?

I was born in Mauritius. There were six of us, three boys and three girls. All my siblings have gone now.

Both my children moved to Australia more than thirty years ago. My wife's family are all here too. We thought, what are we still doing here in Mauritius? So we followed the children here in 1991. We lived in Campsie because my daughter was already there, and she found the unit for us.

What was your job/career?

I worked from aged 18 in a factory, then I went to work with the government for 34 years as a building inspector. Since being in Australia I have been retired. I am a grandpa; my son has a boy, and my daughter has a girl. My granddaughter comes regularly with my daughter – she is a teenager and driving!

How did you meet your wife?

Marlene's brother invited me for a cup of tea. We started to date. I had to save up for years before I could get married, to furnish and provide the house. Marlene worked in the finance department in an office.

What do you believe in?

I make prayers every morning and afternoon. I can say my best friend is God. But I have many friends on my table at lunchtime, Eileen, Lorenza and Dorothy. We have been friends at the same table for many years.



This page:

Above: Gaetan.

Left: with Marlene on their wedding day, and right: with his extended family.

Opposite page:

Top left: puppeteering with Frank. Top right: sharing a card game.

Bottom: dressed for all occasions.



What have you learned during the pandemic?

It has been hard, staying in my room and not seeing my family. But what can you do? We all try our best and work together.

What do you enjoy?

I enjoy being with all my friends. I like helping people, serving at mealtime and with excursions. I help the ladies in the kitchen and collect all the plates to wash. One day a new nurse asked me what time I finished? She thought I was staff!

I am very happy to help people. Why not? I think I am mad with clothes. When I came to ABH I had three suits and some shirts. Now I have more than 100 outfits! Australia Day, Anzac Day, Christmas Day, a suit for every occasion.



Every week I buy clothes! I shop in Ashfield Mall and the Salvation Army shop down the road.

What are some of your favourite holidays?

We never really went on holidays, but I should like to go back to Mauritius where I grew up to see how it's changed. I won't see anyone I knew, but I would like to see it again.

Best memory?

When I came to Australia, I was lost. I only spoke French. Once I learned English and I settled in it was very very good for me. I could communicate with people everywhere. And being here, with my friends and nurses.

Three words to describe yourself

Well dressed, helpful and chatty.





Staff profile

YOEUN CHEN, CARE STAFF

Where did you grow up?

I was born and raised in Cambodia, in Kampong Cham which is just outside Phnom Penh. It was very beautiful. My parents and us siblings lived a very free and happy life. We never had any worries until the war came. I was one of four girls and two boys, and we all stuck together. My father was a policeman, and my mother was a housewife.

What happened during the war?

My parents, one brother and one sister were all killed in the war by the Communist government. Later, my eldest sister and my other brother passed away. In 1980 when I was twenty, I escaped to a refugee camp in Thailand and was reunited with my sister Sareth.

Sareth's husband was killed in the war, and she adopted two children from the refugee camp. In 1985 we applied to live

in New Zealand. We arrived in Wellington, and I was sent to learn English.

Tell us about your career

I wanted to be a teacher, but I studied to be a midwife as they were very sought after when I left school. I started work as a midwife with UNHCR and the Red Cross ten days after arriving at the refugee camp. I did that job at the camp for five years, as I didn't have anywhere else to go. I worked with people from many countries including England, Germany, France, Australia, New Zealand and the Philippines. The English were hard workers. The Christian outreach program was very inspirational.

When I got to Wellington, my paperwork was lost so I worked for eight years as a sterilising assistant in hospital and a nursing assistant in a Catholic Nursing Home.



Top: Yoeun. Above left: Yoeun and Sophal. Above centre: Yoeun and her family including sponsored children from Malaysia. Above right: Resident Christmas 1990s.



Left: Rosanna, Yoeun and Yanet. Centre: ABH lunch 1990s. Right: In India with friends in 2015.

How long have you worked at ABH?

I first came to Sydney in 1991 for a holiday and really liked it. So I decided to move here in 1993. The first job I applied for was at ABH, two weeks after arriving. So I have worked here for 29 years. I also went to Tafe at Ultimo and studied for my AIN certificate. For many years I worked 7 days a week, full time here at ABH and with another home care job 2 days a week.

At first, I lived here in the nurses' quarters and then in 1995 I went back to Cambodia to marry a friend's brother. After six weeks I came home, and my husband Sophal joined me a year later. It was very hard for him to get work. We moved to Fairfield, and I financially supported him while he learned English. Eventually he found work as a machine operator in a factory. We have managed to save and purchase a property in Green Valley where we still live today.

Ideal holiday destination

I love travelling and experiencing diverse cultures. My husband and I have been

to England, France, Italy, Switzerland, America, Hong Kong, Malaysia, Singapore, Burma, Thailand, and India! We enjoy going as part of tour groups. We went on a cruise around Caledonia which I loved. Denmark is one place that I would like to visit, with its unique northern European culture.

Three words to describe you

Respectful, Loving, Compassionate.

What do you love doing?

I enjoy socialising over coffee or lunch. All the staff here are great friends and sometimes we go to the club in Strathfield. I love listening to all kinds of music and go for long walks on my day off along the T-way walking track. And I love gardening. Sometimes I bring my flowers to work.

What is your greatest achievement?

My happiness. I am very glad I moved to Sydney. Wellington was too cold for me. Everyone at ABH is my family. The residents are like my parents. I always worry about them on my days off.



Reflections

As I have interacted with our dear residents and staff throughout this Easter season, I am struck by the diversity of our religious affiliations which all affect how and when Easter is celebrated. The Easter celebration by Christians affirms the resurrection of Jesus Christ three days after He was crucified on the cross.

Protestants

- Palm Sunday, Good Friday, Easter Sunday

Catholics and Anglicans

- Lent – 40 days of Penance
- Holy Week – commences on Palm Sunday
- Holy Thursday – commemorates Jesus' Last Supper
- Good Friday – penance and fasting
- Easter Vigil – Saturday night to Easter Sunday
- Easter Sunday – Mass, a family meal and exchange of Easter eggs

Orthodox Church

- Lent – 40 days of Penance and Fasting
- Holy Fire Ceremony – Saturday night to Easter Sunday
- Easter Eggs – laid on the graves of relatives marking Jesus' resurrection
- Greek Orthodox Christians knock their hard-boiled red coloured eggs against each other – the last uncracked egg is considered lucky.

On the other hand, different cultures have diverse ways of celebrating Easter.

- Good Friday – Hot cross buns are baked and eaten; Most cultures do not eat meat on this day
- Easter Sunday – celebrated by wearing new clothes, feasting, special Easter bread or cake, egg hunts, cracking of eggs, dyed or painted eggs
- Easter Monday – celebrated by visiting family and friends as a holiday.

"I want to know Christ—yes, to know the power of his resurrection ...becoming like him...."

Whichever way you choose to celebrate,
HAPPY EASTER!

Ruth Njogah,
Chaplain



Above: Residents enjoying the Palm Service.

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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