



# The Heartbeat

There's a quote that sits between two beautiful floral paintings in AH Orr Lodge. **Kindness Changes Everything.** We live and breathe kindness, and compassion at ABH every day. It is at the core of our culture. Definitions of kindness vary slightly, but usually centre on the qualities of being friendly, generous, conducting selfless acts and being considerate of others.

I see kindness in action every day at ABH. I watch staff members going out of their way to spend quality time with our residents and members of our ABH community. I see people taking time to stop, say hello, and truly listen when someone needs help. I watch others offering friendly smiles, giving a hug, or holding hands when someone reaches out. I watch in awe at the generosity of our volunteers and residents, who give their time to knit or crochet blankets, our spiritual teams who pray for us, and with us.

I am especially grateful for those residents who look out for their peers. Many of you, over the years, have shared how the openness, and kindness of others, offered you reassurance and support when first you arrived at ABH. You shared how much it meant when someone took the time to connect to help you feel welcome when you joined our ABH family. What a wonderful gift.

In early August, we celebrated Aged Care Employee Day. This was an important day to recognise our staff and volunteers who strive about to provide the best possible care for our residents. I want to thank each one of you. You demonstrate every day, that kindness really does change everything.

**Leigh**



## *On this day...*

### **August 3rd 1926**

First traffic lights appeared on London streets.

### **August 6, 1962**

Jamaica achieved independence after centuries of British and Spanish rule.

### **August 15, 1969**

Woodstock began in a field at Bethel, New York.

### **August 25, 1919**

World's first international daily air service begins between Paris and London.

### **September 2, 1969**

World Coconut Day began to celebrate its importance to our lives.

### **September 17, 1960**

Chubby Checker has a number 1 record with The Twist.





## Music AT ABH

**'Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.' Plato**

Regular entertainment is available to our residents at ABH. It brings so much joy. Over the last few weeks, we had lots of fun with five special entertainers. Thank you to our residents and staff for making each one feel welcome, showing your appreciation by singing, clapping, and dancing along.

Residents created new memories and singing old and new favourites with Fiona Marie, Mike Valentine, John Aston, and our new volunteer Reminiscence music leaders.

*We regularly host popular entertainers who are all crowd favourites*



Fiona Marie



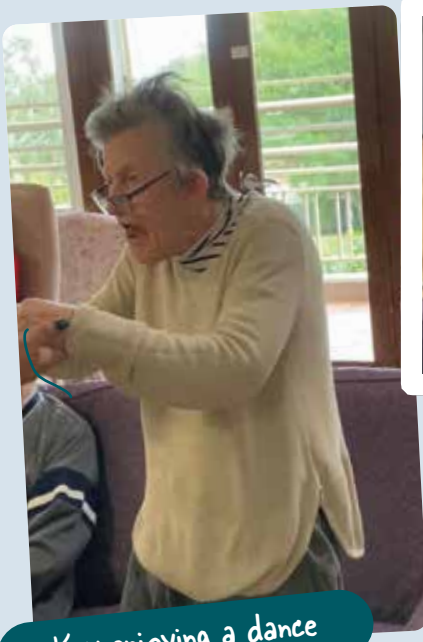
Mike Valentine



Ron Ashton



Neil Anthony



Kay enjoying a dance



Gaetan



Elizabeth with Jennifer

Jean dancing with Lanni







## **BASTILLE DAY** Love was all around us on Bastille Day



*Margaret, Rita, Jean, Marilyn, Shirley and John*

## **CHRISTMAS IN JULY** And we loved our Christmas in July Festivities



*Our residents and staff enjoy any excuse to dress up and have a party. Our residents loved making their own coconut balls and were treated to a slap up mid-year Christmas feast.*





## Thank you Kindly **HENDRI**

**Congratulations to Hendri, our Cater Care Catering Manager whose team creates all our residents snacks and meals.**

Hendri received a well-deserved award, presented by Pieter, Head of Cater Care Operations, for going above and beyond to support our residents during our many lockdowns. Hendri and his team enjoy creating new menus and responding to resident requests. Recently his team brought back a traditional favourite, breadcrumbed fried brains. New yummy Springtime salads are coming soon. While at home, Hendri also enjoys spending time with his daughter. They love cooking pizza from scratch together.



## KNITTING

### Thank You for Your Kind Donations

Thank you to our families and residents for your generosity. We received piles and piles of wool. Our volunteer knitters and crocheters absolutely thrilled. If you would still like to donate any wool you may have lying around at home, acrylic 8ply is wonderful! Donations can be left at Reception.

Margaret, a resident at ABH is one of our wonderful blanket makers. Margaret used to knit for many years but more recently turned her hand to crochet. She is delighted with the new wool, especially the range of colours.





## WELCOME TO OUR ABH COMMUNITY

### *Soo*

Soo is our new Clinical Nurse Educator. Soo has hit the ground running setting up new staff training including Dementia Essentials Workshops, Spiritual Care for Australian Nurses, and Spark of Life Education. Soo has been working as a RN for over 10 years, in hospital and community settings as well as aged care. She is a mother of 2 kids and a dog, and loves reading books and playing piano.



### *Alex*

Our new Client Liaison Officer, Alex, has over 12 years' experience in health administration, customer service, and Aged Care. Alex wants to make a difference to every resident and family he meets. His focus is to make the transition to our ABH community as easy as possible. In his spare time, Alex enjoys going to the gym and watching a variety of sports.



### *Ivette*

Ivette has over 10 years' experience in Education administration, more recently transitioning to Aged Care gaining experience as a support worker. In her HR role, Ivette is now dedicated to making a positive impact in the lives of the people we serve at ABH. Ivette loves speaking with our Spanish families and residents. In her spare time, she loves camping and hiking.



Say Hello to New volunteer, Emily, a final year student at Sydney Missionary & Bible College. Emily epitomises kindness and we are so thankful to have her join us at ABH. *My background is healthcare. I worked at Penrith hospital as a radiographer for three years. During that time, I longed to spend more time talking to people about life and Jesus. I'm excited to be able to do this at ABH Sunday services.*







## Staff profile

### HUAN YU - FUNDING COORDINATOR

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

I started at ABH in September 2021. Prior to this, I was a Funding Coordinator, also in aged care, in a regional role stretching from Taree to Southern NSW. I enjoyed the role, but it required a lot of driving. I was very happy to find a role at ABH as I enjoy spending quality time with residents.

#### *What inspired you to work in aged care?*

When I was in primary school, I looked after my grandparents, while my parents were busy at work. This experience developed my passion and confidence for looking after elderly people.

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

Dalian, China, a modern port city on the Liaodong Peninsula. I came to Australia in 2008 as a teenager.

#### *Do you have any hobbies/passions?*

I grew up eating lots of fish. One of my passions now is rock fishing. (I promise, I wear a life jacket). I enjoy hiking,

travel, cooking. I also love to spend time gardening. I have a patio garden. One of my favourite things to do is to walk with my dog Jo Jo, around Rhodes and Olympic Park. I've been training him myself. I have done skydiving, which was amazing.

I also enjoy quiet time and watching movies with Jo Jo. Our favourite movie is La La Land.

#### *Favourite holiday destination*

Japan, I love the culture, the food and Japanese animation.

#### *What is your favourite food?*

I'm a real foodie and I love to try all different kinds of food, but my favourite is Japanese Omakase. I enjoy cooking and eating fine dining meals. If I could choose anywhere to eat in Australia, it would be Sixpenny in Stanmore. They have a wonderful tasting menu.

*Below left: Huan's spectacular sky dive.*

*Below right: Jo Jo looking for attention.*





*Above: Two of Huan's culinary creations*

### *What makes you happy?*

I love to try new things. There may be something after this life, however if there isn't, I want to try to make sure I set myself positive goals and try everything in this life. I don't want to have any regrets!

Spending time with Jo Jo, training and looking after him, also makes me happy.

### *How would your friends and family describe you?*

A fun and well-organised person that you can rely on and trust.

### *What is your greatest achievement so far?*

Moving to Australia and living independently. I have not only managed but thrived in a new foreign country.

### *What is your greatest wish for the future?*

To have a good work life balance. I am usually up at 5-6am. I would like to find more time for my hobbies and passions. I find it easier in Spring and Autumn, my favourite seasons in Australia. My goal is to be happy, healthy, and build a family of my own. My ultimate dream is to open my own fine dining restaurant.

*Although Huan has lost a few of his phones, (he dropped several in water accidentally), he did manage to share a few photos with us including one of him skydiving!*



*David celebrating his birthday back in April with friend John*

## *Happy BIRTHDAY!*

### *August*

Aug 5 . . . . . John F  
Aug 12 . . . . . Gladys S  
Aug 13 . . . . . Greg M  
Aug 13 . . . . . Silvana D  
Aug 14 . . . . . Norma J  
Aug 16 . . . . . Vonnie C  
Aug 19 . . . . . Caterina L  
Aug 24 . . . . . Kay S  
Aug 25 . . . . . George B  
Aug 29 . . . . . Chris H  
Aug 31 . . . . . Heather T

### *September*

Sept 1 . . . . . Joan T  
Sept 4 . . . . . Elaine M  
Sept 4 . . . . . Marcia M  
Sept 8 . . . . . Marion H  
Sept 8 . . . . . Elizabeth M  
Sept 16 . . . . . Angela L  
Sept 26 . . . . . Thomas O  
Sept 27 . . . . . Carole H  
Sept 28 . . . . . Aidree C



Ruth with ABH blankets

## Reflections

**Kindness is something the world is desperate for.**

At ABH, we see this through the gentleness, patience, and compassion of our volunteers towards our beloved residents. This is an opportunity to appreciate all our volunteers. Thank you for giving of your resource of time, your gifts and passion for the Pastoral support, entertainment, including new Reminiscence music, comfort, and gift of presence towards our residents.

### **Ephesians 4:32**

*Be kind and compassionate to one another.*

### **Colossians 3:12**

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.*

**Ruth Njoga, Chaplain**



## **WAYS TO PROVIDE US WITH FEEDBACK**

**We welcome feedback from our residents and families.**

If you would like to speak to someone immediately with feedback or a question, please contact the RN on duty via our main phonenumber. If you prefer to give feedback in writing, please complete a **Have your Say** Form, now located

at every residence within Bethel and AH Orr Lodges, and at Reception.

Brochures with information regarding external support services and others in many languages are available in a stand next to the café on the ground floor.

Further information:

TARS – Aged Care Rights Services  
<https://seniorsrightsservice.org.au/>

OPAN – Older Persons Advocacy Network  
<https://opan.org.au/>

### **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](mailto:info@abh.org.au)

**W:** [www.abh.org.au](http://www.abh.org.au)

### **Bethel Home Care**

**T:** 02 9797 3600 **E:** [info@abh.org.au](mailto:info@abh.org.au)

**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)  
31 Clissold Street, Ashfield NSW 2131