

The Heartbeat

The culture of Ashfield Baptist Homes is a collective one. A culture that says 'we' not 'me'. This is truer than ever after another operationally challenging year, with three COVID outbreaks comprising a total of 54 days in lockdown.

We continue being our best selves by learning from our resident population's stoicism. An attitude of "let's keep everyone safe" prevails as they willingly submit to yet another round of PCR testing. And still they remain upbeat, positive and happy.

Our staffing levels throughout the past twelve months have remained stable, with a turnover rate of just 13% against an industry average of 25% - a true testament to the team culture that exists here. We're looking forward to spring and summer, and refuse to let La Nina hold us back! All staff are working hard on their Serious Incidence Response training and enhancing our administrative systems after our recent audit. We've introduced new weekly menus on each dining table and our cinema, training rooms and library are being restored. Our café is fully staffed and open daily once again, serving residents, visitors and staff with everything from foccacias to coffees and even curry.

It's a great privilege to support you all as we strive to provide best practice care and to serve our community to achieve individual and collective goals.

Thank you to all our families, for sharing our journey and being patient with constant changes. To our staff – thank you again for helping us achieve another great year. We are forever grateful for your care and dedication.

Leigh



Above: Maude and daughter Emily enjoying lunch with the new tabletop daily menu.

COMING UP

**OCT
18**

**18th October
Ron Aston,
Entertainer**

**NOV
01**

**1st November
Melbourne
Cup Day**

Giddy Up! We have four sweeps which everyone can enter – 50c, \$1, \$2 and \$5. Morag's team will be helping the residents who fancy a flutter. On the day there'll be a special cup lunch. Cup attire encouraged and welcome!

**NOV
22**

**22nd November
Del Ryan,
Entertainer**

**DEC
15**

**15th December
12.00–1.30pm
Resident**

Christmas Parties

We will once again be hosting parties in each area dining room and the Lodge 1st floor near the activity room. Each area will have their own entertainer during lunch. Residents can invite up to 2 guests each. RSVPs to Reception, by calling 9797 3600 or emailing reception@abh.org.au.

Vale, Queen Elizabeth II

On 8th September 2022 we said goodbye to Queen Elizabeth II, the longest reigning monarch in British history. She passed away peacefully at her beloved Balmoral Castle in Scotland.

Here are ten facts you may not know about the Queen.

1. The tradition of celebrating 'the Queen's birthday' was started by King George II in 1748. His birthday was in November when the weather wasn't good for public celebrations.
2. She never went to school. Private tutors taught her lessons but she's said to have missed a formal education.
3. The then Princess Elizabeth had her eye on her prince from the age of thirteen and used saved ration coupons after WW2 for her wedding dress.
4. The Queen was not required to own a British passport, nor a driving license.
5. The Queen won a BAFTA in 2013, in recognition of her outstanding patronage to the film and television industries.
6. She was the first British Monarch to visit the Republic of Ireland in 2011.
7. She was served by 15 British Prime Ministers. The first, Winston Churchill was born 101 years before the last, Liz Truss, who met with the Queen only 36 hours before her death.
8. She sent around 50,000 Christmas cards in her life.
9. The Queen toured Australia sixteen times. It is estimated that 75% of the population saw her during her first tour in 1954.
10. She had a terrific sense of humour. When walking through the Scottish moors, two American tourists asked her if she'd ever met the Queen – to which she pointed at her security guard and said 'no but he has!' The tourists then asked her to take their picture with the guard. She obliged.



*From top:
Meeting the crowds in Australia;
With Julia Gillard in 2011;
With Prince Philip at her
beloved Balmoral;
Receiving her BAFTA
from Kenneth Branagh.*



Fun Fact... Liz is related to King Charles! (through Prince Philip's line) – twelve generations back. They are both descended from William I, Prince of Orange (B: April 1533). It's not that surprising – William of Orange had sixteen children by five women! Charles is descended from William's sixteenth child, Frederick, Prince of Orange. Liz's line is via Countess Charlotte, his thirteenth child.



**William I,
Prince of Orange**



**Frederick,
Prince of Orange**



**Countess Charlotte
Brabantina of Nassau**

Eleven generations later...



King Charles III



Liz of Lane Cove

A NEW DO FOR OLGA

Who doesn't love getting their hair done? The colour rinse before and after for Olga, who prefers curlers and the hair dryer hood to a regular dryer. Our hairdresser Josie comes each Monday and Wednesday to look after our residents – all bookings through Reception. Family members welcome.



IF MUSIC BE THE FOOD OF LOVE...

Volunteers Rosina and Tia recently brought musical happiness to all with their joyous entertaining ... resident Elaine has music in her blood. She's a former piano player, and she and her husband were ballroom dancers up into their 80's. Plus she's Jeff Wiggles' aunt!



Say hello to...

RESIDENT DOUG CAMPBELL

How long have you lived at ABH?

Approximately 3 months.

Where did you grow up?

In the Sydney suburb of Bankstown.

Tell us about your family

My father was an automotive engineer, my mother was a keen driver which was unusual in those days and actually held an Australian record, in 1938, for women drivers' fuel economy. I have an older sister, my wife Sue and our daughter Blayke.

What was your first job?

Cleaning cars in my father's car dealership.

Something someone could not guess about you

For many years I was a singer/dancer in The

Zodiacs – a group which entertained in Aged Care and Nursing homes.

Most interesting thing you have done

I have been lucky to have travelled a lot, the most interesting was probably visiting the Bentley / Rolls Royce factory in the UK.

Best thing you've ever learned to do

Scottish Country Dancing – I wish I could still do it!

Your favourite pastimes?

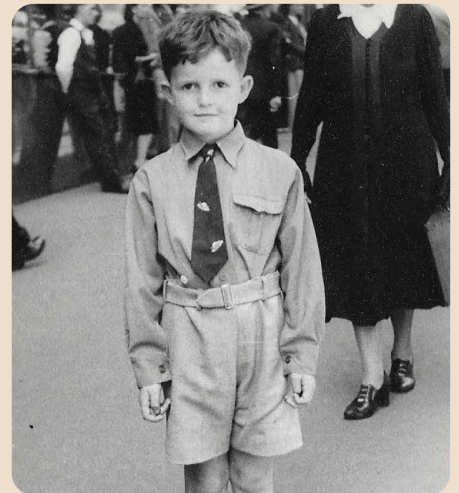
Working with and driving vintage and classic cars.

Best advice ever given?

Manners maketh the man!

Greatest achievement?

Successfully taking over my father's business, R.M.Campbell, and also learning to fly small planes.



Clockwise from top right: walking over the Harbour Bridge; school days; in his Zodiac days; the original mini cooper; and with his classic famous car.



What is your best memory?

The various overseas trips I have been lucky enough to have, and one of my cars being used as the Prime Minister's car in "A Place to Call Home".

Three words to describe you?

Calm, caring and [according to my daughter] charming, hilarious and handsome.

Right: Doug (at far right) with daughter Blayke, former resident and mother-in-law Cath, father-in-law Fred and wife Sue.



VOLUNTEER CORNER

Welcome to John Kopsiaftis who's our latest volunteer bus driver.

My wife works at ABH and told me they needed a volunteer bus driver, and I thought, why not. I drove a taxi many years ago and was used to driving people around the city, having a chat and hopefully sending them off with a smile on their faces.

It's been great getting to know some of the residents and staff in the Lifestyle team. Our destinations of choice are usually parklands with water views and preferably lots of sunshine. Last week we set up camp under the Harbour Bridge at Milsons Point with a great view of Sydney Harbour and the Opera House. If the weather doesn't allow us to hop off the bus we generally stay onboard, open up the doors and have morning tea/coffee inside (Lanni and the other staff are great baristas). Music requests are taken on

Spotify and Jean had us listening (and singing) to some great old songs from Andy Williams, Nat King Cole and Foster & Allen over the last few weeks.

I look forward to some fun trips over the next few months.

The bus is currently going out weekly. The Lifestyle team check in with residents to see who's given consent and who would like an excursion. If there's not enough space then they take turns. This month's featured resident, Doug, was ABH's volunteer bus driver when his mother-in-law lived with us.





Staff profile

KENNY ADETUNMBI, CARE STAFF

Where did you grow up?

I grew up in Ibadan, Nigeria. I moved to Australia in 1994 when I was 22. I came with my twin sister Taiwo and my brother and his wife.

How long have you worked at ABH?

I have worked at ABH for about 20 years. I left briefly to raise my kids at one point, and I also left when I moved to Nigeria. I love caring for people. This comes from a culture of respecting our elders in Nigeria.

Do you have a big family?

Yes! My parents had seven kids including two sets of twins. I am one of the twins and the baby of the family. I have three sisters and three brothers. Three of us are living here, two are in America and two stayed at home. I also have four kids, two boys and two girls (aged 25, 22, 19, 15). I have been a single mother for over twelve years with no support, but the kids are amazing and we are very happy. One of my

daughters has just graduated as an RN. We still all live together. All my siblings have between three and five kids each, so I have a lot of nephews and nieces.

Ideal holiday destination

My ideal holiday destination would be Italy or France.

Three words to describe you

I am a hard worker, always happy and humorous.

What do you love doing?

I love cooking. It's one of my biggest hobbies. I often make jollof rice which is blended with tomatoes, capsicum, onion and spices.

Biggest learning during Covid?

I learnt the act of resilience as it was not an easy time for anyone. Seeing people losing their lives and getting extremely sick is not easy to cope with especially in the beginning stages of the pandemic when we didn't know if



Top: Kenny.

Far left: Kenny and her six siblings, together recently for the first time in years.

Right: Kenny and her four children.



Left: Kenny and her twin Taiwo, in traditional Nigerian dress.
Centre: Arriving in Australia, 1994. Right: Kenny and her Mum.
Below: ABH Staff celebrating Kenny and Taiwo's 50th this month.

there would be a cure. I also learnt that life is too short, and you need to appreciate and love those around you before it is too late. We should all live life to the fullest.

If you could meet anyone, who would it be?

Michelle Obama, as she is a women's activist.

Life's biggest inspiration?

My biggest inspiration in life is my family and God.

What is your greatest achievement?

My family. In 2008 I moved to Nigeria with my kids as I wanted to be closer to my family. Then in 2010 their father came to visit for a holiday and took my children away from me. He wouldn't let them see me or come back to Australia with me. I did not see them for a year. In 2011 I was finally able to bring them back with no government assistance, by the grace of God.



Happy BIRTHDAY!

October

Oct 1	Gaetan Z
Oct 1	Gloria K
Oct 2	Maria G
Oct 4	Maria P
Oct 5	Shirley C
Oct 7	Mary C
Oct 8	Tonka T
Oct 9	Dimitri A
Oct 10	Carmela M
Oct 14	Mary H
Oct 14	David T
Oct 19	Katina M
Oct 20	Steve H
Oct 25	Angela S
Oct 28	Maria Z
Oct 30	Fei Lang L
Oct 31	Connie S

November

Nov 5	Joan G
Nov 7	Dorothy M
Nov 10	Joy H
Nov 11	Win D
Nov 15	Kalliope B
Nov 18	Doug C
Nov 24	Julie S
Nov 24	Thomas T
Nov 24	Michele T
Nov 28	Mel M
Nov 29	Michael N



Happy birthday
Maria P on
October 4

Happy NAME DAY!

The Saint's day you share your name with are a bigger celebration in Greece than birthdays.

Oct 26	Dimitri A
8 Nov	Michael G

Reflections

The Sun and Her Flowers

Rupi Kaur

*When the world comes crashing at your feet
it's okay to let others
help pick up the pieces
if we're present to take part
in your happiness
when your circumstances are great
we are more than capable
of sharing your pain.*

Tough times are a natural and normal part of life. Mental Health Month is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not.

It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

It's important to keep in tune with one's mental health. It is okay to feel but also admit when we experience down days and seasons.

*If you are struggling with your mental health, please reach out to someone you trust and seek help immediately.
mentalhealthmonth.wayahead.org.au*



- Asking for help can take some serious weight off one's shoulders.
- There is so much strength in getting up in the morning and carrying on. Whether that be to curl up on the sofa with a cup of tea, call a friend or go on a walk.
- Give yourself a break. It's okay to just sit and do nothing.
- There's always hope. Even when we hit rock bottom, hope always remains. This is a reminder to keep going because there is so much to love about life.
- Our life experiences and the hardship we've faced in life truly transforms us into the people we are today.

Philippians 4:6-7

Be anxious for nothing....

Ruth Njoga, Chaplain

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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