

The Heartbeat

Outgoing Board Member Address Recollections from Alex Pataky, Director 1975 – 2022

Since its beginning in 1950, Ashfield Baptist Homes has been run by a voluntary Board. In 1975 I was approached to serve on the Board. Little did I realise that would be the beginning of a 47-year journey.

During my time on the Board there have been many changes in all aspects of care delivery including location and accountability. Today, it comprises individuals with specific areas of expertise including legal, management, the medical profession, local government, property, aged care and community representatives. Throughout this time, aged care has become recognised as another arm of the complex emotional, spiritual, and physical arena necessary for those in the latter years of their life.

I know you would all join me in particularly thanking Leigh. She has worked tirelessly for the whole ABH community during the past few years and always seems to come up smiling.

It has been a privilege to serve on the Board. I really appreciated learning from so many capable people through the years who have given their time and effort in the service of others. Now as we wind down to the end of another year, I wish you and your families a Happy and a Holy Christmas and all the best for the years ahead.

Alex Pataky

You can read Alex's full report in [ABH's 2021-22 Annual Report](#), available on our website.



Above: Leigh and Alex drawing the raffle winner at AH Orr's 40th celebrations in 2017.

On this day...

December 14th

Santa visit

December 15th, 9.30am

Catholic mass

December 15th

Resident Christmas parties & entertainment

December 17th

Ashfield Baptist Church Pop-up choir

December 20th

St. Francis Church
Leichhardt Children's Choir

December 21st

Morning Tea and Carols

January 9th

Fiona Marie, entertainer

January 22nd

Chinese New Year

January 25th

Australia Day barbecue

January 2023

Armchair travel around Australia -
Every month we choose a different place to virtually visit from the comfort of our armchairs, along with movies, reminiscing, pictures, music and cooking activities.





Christmas CELEBRATIONS

This year we were lucky to receive a special visit from Santa to take festive family and resident snaps. Santa also did the rounds for other less mobile residents. For the first time in three years we hosted our resident Christmas lunches in our facility, with a salmon lunch and specially baked ABH Christmas choc chip cookies. Each area had their own entertainment, including a guest appearance from the Admin Christmas Choir.





Christmas Trivia



1. How many ghosts appear in Charles Dickens' 'A Christmas Carol?'
 - a. 2
 - b. 3
 - c. 4
2. What was Frosty the Snowman's nose made out of?
 - a. A piece of coal
 - b. A button
 - c. A carrot
3. To this day, the most played Christmas song in history is 'White Christmas', written in 1940 by Irving Berlin. This is amazing, considering he
 - a. Was only 11 years old when he wrote it
 - b. Was deaf
 - c. Could not read or write sheet music
4. What were the first origins of the Christmas Cake?
 - a. Spiced porridge made from hulled wheat boiled in milk
 - b. A German recipe of eggs, milk and raisins
 - c. Dried fruit covered in marzipan
5. How many Scrabble points (without doubles or triples) does the word Christmas get?
 - a. 14
 - b. 15
 - c. 16
 - d. 17

Answers are on page 12.

TAKE FIVE WITH VONNIE

Living here – Since 2012. I love my room with the flowers and the view. They keep offering to repaint it, but I like the blue!

Reading – I love reading Mills and Boon romances and historical fiction. It takes you right to the place in time.

Listening – I love music and have my radio on all day. Stevie Nicks and Bob Dylan are my favourites. I saw Bob Dylan at the Entertainment Centre in the 1990s.

Watching – Nothing at the moment but I did love Marilyn Monroe, she was a classic.

Loving – Getting my laundry done! The fabric softener here smells terrific!





WOOL DRIVE

Wrap with Love is formed of generous and talented volunteers who knit, crochet and sew beautiful, warm wraps in organised knitting groups with friends, at home or in community centres, libraries, schools and retirement villages.

They have been generously making and donating fabulous blankets for our residents. They are true works of art as well as being soft, warm and comfortable.

As a thank-you we would love to give them any wool donations to support their work. The organisation would appreciate any donations of 8 ply Acrylic wool which you may have spare. Please drop off any donations you can spare at Reception FAO Ruth.



Above: Shirley showing Santa her new blanket



Happy BIRTHDAY!

December

Dec 4 Teresa R
Dec 7 Pina B
Dec 14 Lucy P
Dec 22 Jennifer A
Dec 23 Betty B
Dec 27 Chrystalla S
Dec 28 Helen D

January

Jan 3 Tonga D
Jan 6 Eileen H
Jan 12 Maria P
Jan 14 Margaret D
Jan 15 Gus R
Jan 21 Jack Y
Jan 22 Hugh H
Jan 24 Judy C
Jan 25 Elaine L
Jan 27 Emily Y

COVER GIRLS

We were recently approached by Webster-pak, the company that produces the personalised blister tablet packs for residents, to take part in a photo shoot for the cover of industry leading magazine Australian Ageing Agenda.

It's tough to choose between our two lovely cover girls (with staff member Srijana assisting)

Thanks to Rita and Helen for stepping up as our lovely willing models!





Say hello to...

RESIDENT

JENNIFER ARMSTRONG

How long have you lived at ABH?

About two years. At first I lived with my daughter Mandy and her husband Ken in Croydon Park, then one day I couldn't get up. So I had to move in here.

Where are you from?

Country NSW, Dubbo. I grew up in Warragamba, before the dam was built. It was just bush back then. Dad built the houses. I lived with my parents and brother. We left when I was ten because of my mum's asthma. Then we lived just outside Dubbo on the family farm, and caught the bus to high school every day. My husband was an ambulance officer, and we moved five times, including twelve years in Bourke.

What was your job?

I've always been very crafty, I used to make things to sell. When I was 35 I started making porcelain dolls. I used to bring the dolls to Sydney and sell them on consignment, but then I started selling them in my own shop in Gulgong, near



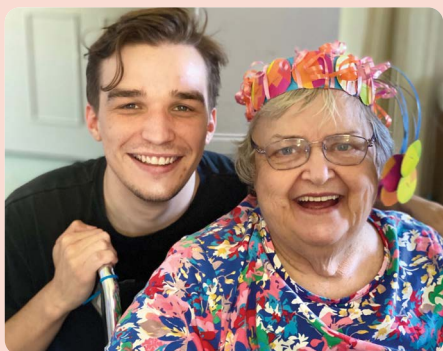
Above: Family visit to ABH's Bluebell garden.

Below: Gran Jen with grandsons Jesse, Gabe and granddaughter Rosie.

Mudgee. I was working sixteen hours a day making dolls and dressing them. You would pour the porcelain into the moulds. It takes a lot of work to make and dress a good doll, up to fifty hours each. These days the production methods are the same, but they are cheaply made in the Philippines and the quality isn't as good. My husband and I used to pack up the dolls and bring them to the city to compete once a year. Sometimes I won.

Tell us about your family

I married John in 1964. I got him into working on the railways, then he was transferred to Albury where he joined the ambulance. Our children Mandy and Aaron were both born there and grew





Left: Jenny doll, proudly displayed on Jenny's shelf at ABH. Centre: One of many show stoppers. Right: Running a doll making workshop in Dubbo.

Below: Jenny and family at grandson Aaron's wedding to Agnes in March this year.

up in Bourke. Mandy met her husband Ken there, he came to work with us in the church and they married very young. They live in Sydney now and are both pastors in Belmore. They have two sons, Jesse and Aaron. My son Aaron lives in Brisbane. He has two children, Gabriel and Rose, and is married to Linda.

What do you believe in?

I know there is a God and I am a Christian.

What do you enjoy?

I love craft of all kinds. I used to teach craft in my local community for over 25 years. At first in Bourke, I had a lot of trouble with some women who wanted to fight all the time, thinking I looked down on them. Once I encouraged them and their ability they were transformed. They would bring in materials for clothes or things to make for their grandkids.

What are some of your favourite holidays?

I enjoy going on cruises, I've been on two. The first time the Rhapsody of the Sea came into Sydney a girlfriend and I flew to Hawaii and sailed back on it. It was a beautiful ship. My husband wasn't a traveller, so we usually just went home to family for our holidays when we were raising our children.

Best memory?

From age 3, my mother would put me on the train at Penrith and I would travel all the way to Dubbo to visit my grandparents. The trains had hostesses in those days. It was a penny for a crunchy bread roll, and I would have a lovely time snacking on bread rolls and butter all the way up. At the other end my darling grandpa would be waiting in the dark with his horse and sulky and take me home. It was five miles which always felt like a very long way. My grandpa was gorgeous, he was gassed on the Somme and given a war service grant. My grandparents lived on a block of three thousand acres out of Wongarbron, twelve miles from Dubbo.

How would you describe yourself?

Outgoing, friendly, creative, family oriented.





Staff profile

ALVIN PRITHI, LIFESTYLE TEAM

Where did you grow up?

I grew up in Fiji until I was 10 years old then moved to Australia. I lived in Perth for a year with my grandmother and cousins. Being with my cousins helped me assimilate to Australian culture as they had been here for years. I'd never even heard of cricket until I came to Australia. After that we moved to Sydney as my parents found work and accommodation thanks to family friends. I did my schooling from year 7 to year 12 at Ingleburn High School.

How did you come to live in Australia?

The plan was always to move to Australia eventually so we would have more opportunities than our parents did. That's why our parents gave us English first names. My dad was sponsored for a

visa by a former employer who moved to Australia and that's how we came to be in Australia.

Do you have a big family?

We have the standard nuclear family. Mum, dad and my sister. My sister is married and has a son but I consider my brother-in-law and my nephew as immediate family.

How long have you worked at ABH?

I have worked at ABH for 1 and a half years as an RAO. My role is to provide activities to residents that meet their spiritual, cultural, physical and emotional needs. I have done blue collar work most



Left: Alvin with his dog Ben. Centre: Running gear. Right: Growing up in Perth.



Above left: Alvin with his parents and sister's family. Above right: Climbing centrepoint tower

of my life so this role was a huge change. Initially I felt like a fish out of water but with guidance from my supervisor and colleagues I have gotten comfortable and confident in what I do. This is a great place to work.

Ideal holiday destination

I would love to visit Alaska during winter. I've always loved cold weather over warm sunny days. I'd like to experience the scenery with its high mountain peaks, glaciers and wild animals. You can also see the Northern Lights!

Three words to describe you

I would say I'm an introvert, kind and reliable.

What do you love doing?

I love spending time with my dog Ben, working out and going out to eat different foods.

Biggest learning during the pandemic?

I don't think society appreciates how hard care workers, cleaners and other health

care workers work in general. While I've learned the negative impacts of isolation at TAFE in theory, it was quite jarring to see it in person during lockdowns.

If you could meet anyone, who would it be?

I would love to meet Robert Smith from the band The Cure. I've been listening to them since I was a teenager and I consider their music the soundtrack to my life.

Life's biggest inspiration?

This may sound weird, but I find wild animals inspiring. Like a lion hunting for food while it's starving. Most lion hunts end in failure but they have to keep going because they have to provide food for the pride. I find that stuff inspiring.

What is your greatest achievement?

In my late teens and early 20s I would say I was an unmotivated slacker. I've done a lot of work to change who I was and I'm proud of that.



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.

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

Special congratulations to the following staff:

Respect	Treating people with dignity	<i>Rosemary</i>
Compassion	Responding sensitively to individual needs	<i>Agnes</i>
Excellence	Providing quality services	<i>Michael</i>
Integrity	Being honest and fair	<i>Huan</i>
Stewardship	Managing environmental & other resources responsibly	<i>Loc</i>



Respect

Rosemary He
Carer

Always caring, patient & understanding, Rosemary is hardworking, efficient and full of love for the residents. She delivers great care with a smile and has time to listen.



Compassion

Agnes Nyameke
Carer

Agnes is passionate about caring for residents in her care. She has firmness, when required, and demonstrates compassionate love for the residents and her job. She is hard-working and goes 'over and above' on many occasions.



Excellence

Michael Mulligan
Maintenance Manager

Michael is always helpful and willing to help. He follows through on everything requested of him with a great attitude.



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.

Right: Tapiwa and Roshani.

Below left: Sonia, Irene and Manjeeta.

Below right: Vani, Shelley, Sally, Fumpa, Narmala, Shristi and Rama.



Integrity

Huan Yu

Acting Care Manager, Bethel

Huan is very efficient and follows up on everything as acting care manager. He is absolutely dedicated to helping staff and residents. Huan is respectful at all times and always follows through queries and responses.



Stewardship

Loc Nguyen

Carer

Loc is new to ABH but truly embodies all ABH values. He is a caring & polite nurse, always willing & compassionate, hardworking & very patient with the residents. He puts his hand up to help wherever he's needed. Nominators were running out of praises for him.

20 YEARS

Vani (Carer)

Tapiwa (Clinical Nurse Assistant (CNA))

15 YEARS

Irene (Carer)

Sonia (Carer)

10 YEARS

Sally (Admin)

Shelley (Carer)

Fumpa (Admin)

Rama (RN)

Manita (Carer)

5 YEARS

Manjeeta (RN)

Shristi (Carer)

Narmala (Carer)

Basu (Carer)

Roshani (Job Support)

Reflections THE MAGIC OF CHRISTMAS

*"Joy to the World," the carolers sang out
As last minute shoppers scurried about,
Desperately seeking that one special gift
That would give Christmas morning a magical lift.*

*As an old man stood standing, listening to the song,
Midst all the madness of the bustling throng,
In a shaky, hoarse voice he began to join in
Singing the words of the famous old hymn.*

*One by one people stopped with their madness
To join with the old man for a moment of gladness.
By the time the carolers finished with singing the song,
The whole throng was united as they all sang along.*

*As if by magic from out of the sky
Church bells rang out from a chapel nearby.
And when it was over the people greeted each other
With messages of goodwill, they shared with one another.*

*You see, that magical gift the shoppers sought for so long,
Was not in the buying or scurrying along.
That magical gift so desperately sought
Was the Spirit of Christmas - which could never be bought.*

– By Tom Krause

Wishing all residents, families and staff a peaceful
Christmas and New Year.

Ruth Njoga, Chaplain



Christmas Trivia Answers
1c) The first ghost to visit Scrooge is that of his former business partner, Jacob Marley, followed by the Ghosts of Christmas Past, Present and Yet to Come. 2b) Frosty the Snowman / Was a jolly happy soul / With a corn cob pipe and a button nose / And two eyes made out of coal. 3c) Irving Berlin couldn't read or write sheet music. He composed his melodies and had others write them down for him. 4a) Frumenty (plum porridge) was seasoned with cinnamon and saffron. Eggs, dried fruit and spirits were added in the seventeenth century when more available, turning it into a pudding. People who could afford an oven started turning it into a cake. 5c) 16. C (3), H (4), R, I, S, T (1 each), M (3), A & S (1 each).

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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