

The Heartbeat

2023 is well under way and it feels like the first time in a long time that there are green shoots of normalcy post Covid. We are continuously reviewing our infection control procedures in line with the latest government guidelines, to ensure our facility remains open and infection free as much as possible.

The Aged Care Quality and Safety Commission have confirmed they're happy with all the work and compliance requests undertaken in Bethel Lodge and AH Orr Lodge since the September 2022 audit. Thank you to all staff, residents and families for your continuing support and co-operation in assisting us with maintaining and enhancing the best possible level of care, both clinical and administrative.

The ABH management team had a planning day this month to assign actions and targets against the 2023-2026 ABH Strategic plan – our first offsite strategy workshop in nearly four years.

We are developing a Day Care program for our Bethel Home Care clients to join in with activities or excursions. Many of our Home Care clients also come to ABH for short term respite care.

Finally, congratulations to RN Muskan who recently married her partner Pawan in Nepal on Feb 1st (19th Magh 2079 in Nepal!) Muskan's brother-in-law Paresh also works at ABH in Admin.

Leigh



Paresh, his brother Pawan, Muskan and cousin Prajwa

Coming up...

February

Armchair
Travel to
Japan, celebrating
National Japan Day



February 23rd

The Great Gatsby
Cater Care Lunch

March

Armchair Travel
to Hungary

March 7th

Catholic Mass with
St. Vincents, Ashfield

March 13th

Dale Ryan Entertainment

March 14th & 28th

Communion and
Devotional Service with
Earlwood Baptist Church

March 17th

St Patricks Day,
wear green

March 21st

- Devotional Service
- Residents Meeting
- Harmony day,
wear orange

March 30th

Greek Orthodox mass



Out and about

Residents have been on trips to La Perouse, Kissing Point Reserve, Sydney Harbour, Centennial Park, Homebush, Botanic Gardens, Cabarita Park, Brighton Beach and Parramatta Park to name but a few! The Lifestyle team load the bus up with morning tea – thermos flasks, biscuits and cakes. Once parked, the sliding doors open to the vista and fresh air.

Lifestyle team members maintain a list of residents who are keen to join the excursions. The team manages each trip based on consent, resident rotation and care needs.

Do you have three hours spare per week? Are you a people person? From weekly bus outings, to assisting the Chaplaincy and Lifestyle teams and even helping out in the café, we would love to hear from you.

Volunteering can be a richly rewarding experience while residents benefit from new enthusiasm and energy. No care experience or special driving license required. A member of the Lifestyle team is with volunteers at all times when in the community.

Ask Morag for a Volunteer application form.

RESIDENT MEETINGS

On the third Tuesday of each month we hold Resident Meetings in the Activities Room. All residents and their family members are welcome to attend. The forum includes senior management and clinical staff from every department, providing relevant and timely updates on our facility and activities. Residents are encouraged to ask questions about anything that interests or concerns them.



Left: Residents and family members enjoying coffee, cake and quiz time with the Lifestyle team.

Middle: Volunteer driver John helping residents with the care staff. Right: Out and about in Picnic Point



TAKE FIVE WITH AUDREY

Living here – I moved here in November last year after rehab. You can't complain about the view, I've got windows on two sides!



Reading – I love reading, all sorts of things except maybe crime. Just the happy stories. And bingo, playing games, all sort of things.

Listening – I used to play the piano and put on musical shows in the army camp when I was in the air force.

Watching – The Sound of Music was the best of the lot, I saw it about seven times. It came on the other day and I watched it until twelve o'clock.

Loving – My daughter brings me so much joy. She was born on the Queen's birthday. I put my finger out and she grabbed it before her cord was even cut.

NSW STATE ELECTION 25TH MARCH

We don't have a polling station at ABH and request anyone who wishes to vote to use the Postal Vote Application. Families are recommended to take their family member off the register if they are no longer able to vote to prevent any financial penalties.

Morag has copies of postal vote applications. They must be lodged before Monday 20th March. Those who already have postal votes will receive their polling papers in the mail from 13th March.

Applications can be returned to the NSW Electoral Commission by

- scanning or emailing to:
pva@elections.nsw.gov.au
- or posting to: CPVCC
Locked Bag 5051
Alexandria NSW 2015



Happy BIRTHDAY!

February

| | | |
|--------|-------|-------------|
| Feb 1 | | Nofa K |
| Feb 3 | | Bill B |
| Feb 3 | | Rita H |
| Feb 4 | | Elisabeth D |
| Feb 5 | | Cynthia S |
| Feb 7 | | Stanley R |
| Feb 7 | | Raymond B |
| Feb 8 | | Fatima S |
| Feb 8 | | Carol S |
| Feb 10 | | Marilyn E |
| Feb 16 | | Nino G |
| Feb 17 | | Maria R |
| Feb 18 | | Stanley J |
| Feb 19 | | Helen T |
| Feb 20 | | Peter H |
| Feb 23 | | Miroslav M |
| Feb 23 | | Margie N |
| Feb 23 | | Florence L |
| Feb 24 | | Lorenza D |
| Feb 24 | | Joan G |

March

| | | |
|--------|-------|-----------|
| Mar 5 | | Nanette L |
| Mar 5 | | Terry F |
| Mar 5 | | Valerie P |
| Mar 7 | | Betty W |
| Mar 9 | | Jean L |
| Mar 10 | | Ross L |
| Mar 20 | | Phyllis L |
| Mar 20 | | Paul V |
| Mar 22 | | Anthony R |
| Mar 23 | | Ian E |



Say hello to...

RESIDENT STAN ROHRLACH

How long have you lived at ABH?

Since March 2021. I lived by myself in Bankstown after my wife and I divorced, then I moved in with my daughter Rachel and then I came here.

Where did you grow up?

I was born in Thames, New Zealand, and mostly grew up there. Being a Kiwi I played rugby from aged six until I was twenty-two. I played senior football at the end, and we won the competition, it's the only thing I've ever won. My girlfriend and I moved to Australia after that, and we got married here.

Tell us about your family

My father died when I was ten. I stayed with my uncle because my mum had three others and was pregnant. I went to a tiny country school with two rooms, I really liked it. We lived in Randwick for a

while and then moved out to Riverwood where we had Rachel. Rachel is my everything, she's unbelievable. I only have one child and she's up here every day or every second day. I can't get over it. She made all my meals when I lived by myself and took me to see the specialist in Liverpool Hospital. Rachel has a daughter who's seven called Augustine (Augie for short). She comes to see me often as well.

What was your first job?

I started my apprenticeship as an electrician in New Zealand when I was fifteen, then I got a job here in Sydney for ICI. I was an electrician for fifty odd years and never tried anything else.

Something someone could not guess about you

I trained greyhounds for about eight years. I got them as puppies and hand reared them as part of the family. I taught them well, so the neighbours never even knew they were there. I had some success with them too.

I also joined a gym when I was in my forties. I really enjoyed going every day.

Most interesting thing you have done

After I got divorced, I thought I couldn't just sit around, so I switched from the gym to dancing. I went to lessons two or three times a week for years. I don't know myself, but people reckoned I was pretty good. It

Below: Stan and partner in his dancing days.





just felt natural to me. I had thirteen pairs of dancing shoes in all different colours. I went dancing everywhere, down to Nowra, out west, to Windsor, Penrith, everywhere.

One time there was a boy who was a pretty good dancer, he was a DJ at a dance in Liverpool. I was there with my good friend Robyn and the band leader stopped the dancing and said he had a bottle of wine for the best dancer. But the band leader gave it to the boy to award, and he gave it to someone else. The same thing happened again. Finally the band leader pulled out a third bottle and just crossed the room to give it straight to me!

Robyn was one of my dance partners and she still comes to visit me every Tuesday all the way from the Blue Mountains. Another dance partner rings me, and we talk for hours.

Favourite holiday

I've been very lucky and had so many good holidays. I've been to China three times, and Russia. I've been to the Middle East, Europe, and through Africa in a truck. In Zanzibar, the other girls from the truck decided to go to the

disco, so I went along and I taught them how to rock 'n' roll. Next thing, there were twenty or so tall men at the bar and one single lady. She singled me out and asked for a dance! When I left the bloke at the door hooked his arm round my neck and said, great dancing, well done! Then when I got home I realised my chain was gone!

What are your favourite pastimes?

I used to love Sudokus, I used to do four or five a day, especially the hardest ones, but I'm not so good at them any more after a few health problems. I don't read much but Rachel got me this DVD player so I can watch the old dancing DVDs.

Best advice ever given?

Probably something a dance teacher said!

Greatest achievement?

Rachel.

What is your best memory?

The best time of my life was dancing.

Three words to describe you?

Honest. Lucky. Happy.

Below left: Stan and Augie.

Below right: Rachel and Stan.



Staff profile

DORCAS BERKOH **CARE STAFF TEAM LEADER**

Where did you grow up?

In Accra, Ghana which is in West Africa. I came to Australia with my husband, more than thirty years ago. He went from Ghana to Israel and stayed there for four years. Then he came back and went to London. After London, he came to Australia, and he persuaded me to come with him. I wanted to stay in Africa with my family, I wasn't good at moving around much and thought it would be hard for me, but he said, let's go! We will go for two years and if you don't like it, we will come back to Ghana. So, I came here in 2000.

Tell us about your family

I grew up in Kumasi, with my mother, father, and sister. My mother passed away before I came to Australia. I had six brothers and sisters. Today I have one

brother and sister, they are still in Ghana. Life is hard there, so I help look after them.

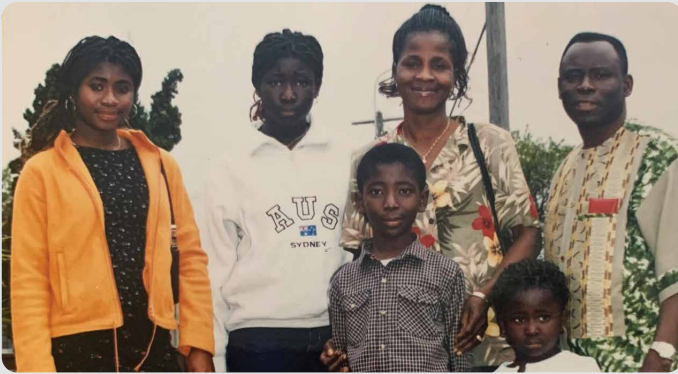
My husband and I have four children, three girls and one boy and two grandchildren, aged eight and the little one is five. My son and daughter live with us. My husband is in Ghana at the moment.

When I came to Australia, I didn't know anyone. Also, there were no Africans anywhere near where I lived, or at work. I wanted to connect with African culture. In the end I went to the African Pentecost Church and thought it was nice, even though I'm a Catholic. I went there for five years, and afterwards we moved to Merrylands. By then I had lots of connections. I am very close to my sister-in-law Vida who works here. She is my husband's cousin.



Left: Dorcas and ABH friends celebrating Kenny's recent 50th birthday party.

Above right: Outside the old Bethel building.



Left: Dorcas, Humphrey and their children Afau, Adelaide, Richard and Ama. Right: Granddaughters Aria and Amya.

How long have you worked at ABH?

I came to Australia on 2nd August 2000 and came straight to ABH. I only wanted to work in one place, not move around. I had four kids, it was too hard. My sister-in-law Vida worked here, and I asked her to ask if I could come and work. I didn't know anything! But she asked and they said, yes, come and learn. When I got home after two weeks of learning I got a call to come to work that afternoon! I said okay. The nurses said they wanted to keep me. I said, thank you very much. I did all my training on the job, first as a trainee care worker. Today I am the Team Leader in Pratten.

Ideal holiday destination

I used to want to go to the United States, but now I'm thinking Canada or Germany. I want to see how cold it feels there. I've never seen snow.

What do you love doing?

I spend my time keeping my house clean or helping my son cut the grass. We have a big backyard. I like going to the movies, sometimes with friends, sometimes with families.

I love watching soccer. Ghana was in the World Cup, but we didn't win.

I like to joke with the residents. I want to make them happy. Some people say, Dorcas, you speak too much, but I say it's in my nature. When they get to know me, they say, oh it's only Dorcas, that's alright! I might say something that's wrong, but I know God will forgive me. Every day that I come here makes me happy. When I'm sick, I don't like it.

When I was young and my mother saw someone carrying a heavy basket on their head, she said to make sure I help. It's in my nature to help others. People say you don't have to do that, but I do.

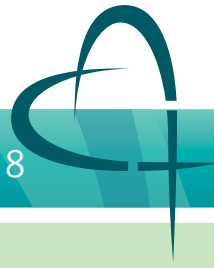
Biggest learning during the pandemic?

It felt just the same. Nothing was different here, we are still caring for the residents and making their lives good as normal.

If you could meet anyone, who would it be?
Beyonce.

Life's biggest inspiration?

In Africa I used to sew traditional African clothes, many people brought them to me to fix and make. I used to feel like I had no self-confidence. Since coming to Australia I feel at peace with myself.



Reflections Can I make time for.....

Steve Jobs said, *"The most precious resource we all have is time."*

It is a precious yet fleeting gift to us, solely in the hands of our creator God. He appoints each moment (*Ecclesiastes 3*).

We commonly celebrate the gift of time through different milestones. So much goes into the preparation of New Year's Eve fireworks, but what happens after the fireworks are no more?

How about that call, that visit that you have been planning to make? Has it been overtaken by something 'more important'?

How about that business idea, that self-care piece, that personal development plan, that critical decision that is waiting on you to action? But it's not necessarily about another thing on the to do list. It may be prudent to take a few things off that list!

So, what if I consciously made every effort to make my gift of time count? What if I was more intentional on making more time for the things that count for eternity?

Do we have enough of that precious resource, or do we keep running dry- chasing after it all together?

"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery"
(H. G. Wells).

**Lord, teach us to number our days,
that we may gain a heart of wisdom.**
(*Psalm 90:12*)

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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