

April/May 2024

The Heartbeat



Ashfield
Baptist Homes
Caring for life

Whenever Easter comes around I always think of the following Proverb “ “No matter how long the winter, spring is sure to follow.” And whilst Easter is now in the rear vision mirror – looking forward, “Spring “is offering a lot here at ABH. This year marks 75 years of our rich care legacy, though our origins go back as far as 1940, when Matron Ann Scurr founded Bethel Christian Home for Aged Ladies. Our plans to mark our 70th birthday were curtailed by the pandemic, so we’re all looking forward to celebrating in style later this year. Look out for some new staff winter 75th jersies coming soon.



Leigh and Helen enjoying a visit.

Construction on the new retirement village will begin soon. Forty-six boutique two and three bedroom apartments with on-site lifestyle facilities adjacent to our facility are being built, with access off Queen Street. We have a dedicated Sales Office which will open later this year, and the website is live now for expressions of interest.

In advance of launching our new retirement offer, we have conducted some research to better understand what our brand offer means to our families, residents, staff and wider stakeholders. The overwhelming word that came through is Care. This is much more than a tagline. For us, Care is a doing word, whether it’s clinical care, lifestyle care, personal care or spiritual care. It’s the feeling we all get when we think of ABH. We couldn’t ask for anything more wonderful than this.

<https://www.thecunningham.org.au/>
<https://abh.org.au/home-care-services/>

Leigh

Coming up...



April Armchair travel to South Africa

16th - Fiona Howe
10.30am

22nd - Residents
Meeting 10.30am

Entertainment

24th - Be Kind Day

25th - Anzac Day
Service 10.30am



May Armchair travel to Greece

12th - Nurses Day

20th - Consumer
Advisory meeting
(replaces Residents
Meeting) 10.30am

22nd - Be Kind Day

*The lifestyle team
will be running quizzes,
poetry, art, bus trips,
armchair travel
and more.*



People & Culture

This month we have celebrated two very important occasions. On International Women’s Day we paid tribute to the female workforce in the health industry that give their everything every day to support the needs and requirements of our residents. We also celebrated Harmony Day, a time to celebrate our diversity at ABH and bring together Australians from all different backgrounds.

Congratulations to Dennis B, Accounts Officer

Dennis became a permanent resident this month after moving from the Philippines to Australia in May 2023. While working at Ashfield Baptist Homes, he is also currently studying to become a CPA.

New Starters

We are very happy to welcome all our new frontline and clinical staff that joined the ABH family during the months of February and March 2024.

- | | | |
|-----------|------------|-----------|
| Alem K | Brogan C | Marley B |
| Ashley W | Elora G | Sandra P |
| Ayanthi A | Jennider L | Viliami O |
| Breanna M | Laurence P | |



Above: Congratulations Dennis!
Below: Akanksha and Ashley enjoy Harmony Day Staff Lunch.



HAPPENINGS AT ABH



From left: Afternoon cards; Waiting at the Opera House for the Premier’s Concert.

SENIORS EXPO BURWOOD

In March, the Bethel Home Care team attended the Seniors Expo at Burwood RSL. They had chance to speak with many attendees and share more about the services we offer. These include gardening, basic home maintenance, domestic assistance, meal preparation, transporting clients to and from activities, personal care and much more.

We are learning that many people don't know what Government financial assistance they might be entitled to and it can be significant.

If you or a loved one would like help applying for a Home Care Package, please contact Patrick on 02 9797 3600, or pick up one of our brochures at Reception.



Happy birthday Phyllis, who turned 80 on 20th March.

Happy BIRTHDAY!

April

- April 2Derek C
- April 3 Pina S
- April 18 Monica M
- April 19 Myra G
- April 23 Olga T
- April 24 Christine S
- April 25 Jim D

May

- May 2Judith T
- May 3 Irene A
- May 7 Julie W
- May 8Joan B
- May 9Frances M
- May 12Helen B
- May 14Alan G
- May 20Kitty G
- May 25Malcolm A
- May 27Alice P
- May 30 Ira M



Clockwise from top left: Front row seats!; Harmony Day Staff Lunch; Volunteer driver John and Katherine; Maccas stopoff on the way home.



Story of my life

RESIDENT LORENZA DEBERARDINIS

I came to Australia from Italy when I was 25, in 1965. I came on a ship by myself, to get married.

My husband Rubino was a friend of my brother. My brother organised for me to come here, to meet him. We got married in Leichhardt.

After seven or eight years here, I was homesick. Rubino saw I was very down, so he sent me to Italy for a holiday. I didn't like it!

When our first child Antonella was four, we decided to live in Queensland, but we liked living in Sydney better, so we came back.

We lived in Lilyfield and also lived in Leichhardt. I loved living in Leichhardt. It was beautiful. The kids played on the street. Everyone knew to look out for them. It was very safe. Rubino had an

accident mowing the lawn and he had an operation. He used to work in Callan Park, he looked after the facility like the gym and the dining room. I was upset and he was upset, they were difficult times.

In 1974, we decided I would move back to Italy with Antonella, and Rubino would join us after selling our house in Glebe. As soon as the plane landed I started crying, no no no! I don't want to be here! I want to be back in Sydney with my husband! I was ringing him to say, don't sell the house, but he found a buyer straight away. I started crying but my mother said, don't worry, you can buy another house.

Rubino came out to Italy to join us and met my family, my mother and sisters for the first time, so it was a nice trip



All the family.



Lorenza's seven grandchildren.



Left: Lorenza and family at Julian's wedding. Right: Julian and Bella.

for that. Our second daughter Vicky was born there. We went to see his father in Abruzzi. Rubino was thinking about working there but then I said we needed to come back here, so we left.

I haven't been back to Italy since but Antonella went recently and visited where I was born. I didn't think she would like it, but she came back and said, what are you talking about Mum, it's such a beautiful place.

We came back to Sydney and bought a house in Ashfield. We had our third daughter Sarah here. The girls all went to school nearby. We used to take the kids to the beach in summer. Our church in Punchbowl was our community for years but we changed when we moved as it was too far to travel. We all got together and had a good time. I loved singing and Antonella sang in the choir.

I used to work at the Children's Hospital in Camperdown, it's closed now. I worked in the laundry, but I used to send the

linen out. After the girls left home, I looked after a lady in Double Bay for many years. I took her to the doctor, the dentist, shopping and so on, and then I cooked for her. Then I spent all my time going round to my daughters' houses, doing the washing, taking care of their kids after school and so on.

For holidays we went to Adelaide and Melbourne. My husband wanted to go to Queensland every year to see his brother but I got sick of it so I said, you can go by yourself! I was about to leave to go to New Zealand when I had the stroke, in 2011. The three girls had all left home and married and my husband had died by then so I was living by myself.

I have seven grandchildren. Now actually I have eight as my grandson Julian got married at the weekend to Bella. It was such a beautiful wedding. I went to the wedding in a taxi and then came home for a rest.

Continued on page 6.



Story of my life Continued from page 5.

Then I joined the reception dinner later on. They put me in the middle of the dancefloor in my wheelchair! I stayed out until midnight!

I moved here after living at Randwick Hospital for a year. I wanted to go back to my house but it was too hard for my kids to look out for me, they had young families of their own. I said to Antonella, please find a nursing home that you're happy with. If you don't find one you like, I'm sorry but I'm staying with you! She rang everywhere but there was always

something wrong. Then she found Ashfield Baptist Homes and they found a spot for me. I came with Antonella and I liked it.

I read my Italian bible every day. I loved cooking at home and my husband did too, he was a chef for a while.

I don't like people who tell lies. If a person respects me then I respect them.

The girls all live close and I see them all the time. My room is a bit messy but I need my things around me. It feels like home.



Top left: Lorenza and Rubino. Bottom left: Lorenza with niece and daughter. Right: Tearing up the dance floor.



CELEBRATING GORDON TORRY

On Attaining a Milestone...

As my 80th birthday approaches, I am reminded that for more than half my life, the ministries of Ashfield Baptist Church and Ashfield Baptist Homes have been absolutely integral. After arriving from London in 1977, it didn't take me long to recognise that here was something different, a place where God's love translated into a Christian model of care to those in need.

And so, for more than thirty years I was privileged to be part of a forward-looking Board of Directors that understood the rapidly evolving aged care industry, the growing input of governments and the need for continuous improvement and growth to build for the 21st century. Old buildings were demolished and rebuilt; new properties were bought; men were now accommodated as residents as well as women; new directors, managers and staff were recruited with the highest levels of skill and professionalism; exciting plans finally came together for the Cunningham village to be built on the land next door.

Before finally retiring from the Board in late 2019, I had the even greater privilege of serving for 5 years as the first ever lay Chair of ABH, the position having previously always been held by the incumbent Pastor of Ashfield Baptist Church.

But my greatest memory of ABH will always lie in the opportunities that have been given to me to share my faith in Jesus Christ and my understandings of the Bible as the Word of God with so many of the residents that I have connected with. I have always sought to present our residents with simple words of faith and encouragement and to reassure them of God's love for them. Judging by their reactions, I know God has spoken to many through this ministry.

And that is why for me 80 will still be just a number... and I will continue to minister to these wonderful people for as long as the Holy Spirit and my physical capacity allows. God bless you all.



From left to right: 1946, at home; 1971, getting engaged; 2018, The ABH Board at the AH Orr 40th Anniversary.



Above: Denny and Benson

Staff profile

MEET BETHEL HOME CARE SUPPORT WORKER DENNY!

I was born in Melbourne, Victoria to immigrant parents, from the country then known as Yugoslavia (now Serbia). My grandparents couldn't speak English and would often babysit me. I was lucky enough to learn Serbian from them. A fun fact - people from Croatia, Bosnia, Serbia, and Montenegro speak a mutually intelligible language. So, depending on who you ask, you could say that I speak 5 languages including English! The language is often referred to as Serbo-Croatian.



Above: Kevin smiling for the camera.

I worked in the corporate world for over 10 years and lost my job when covid hit. I always had a passion for helping others and often thought about a career in support work. This is now my fourth year doing this and I don't see myself changing again anytime soon.

A big passion of mine is hiking. It really helped me through a difficult time a few years back. Getting out into nature for some fresh air and away from the busy city lifestyle is something I make sure I do on a regular basis now. One of my all-time favourite tracks is the Grand Canyon Track in the Blue Mountains. It's close to one of the best lookouts in the region, Govetts Leap. I highly recommend people to check it out during a sunrise if they ever get the chance.

I absolutely love to travel. My last big trip was in 2018 where I spent 6 weeks visiting Russia, Ukraine, Poland and Serbia. I would really like to travel through the rest of Australia next. My dream destination is Antarctica or Egypt.

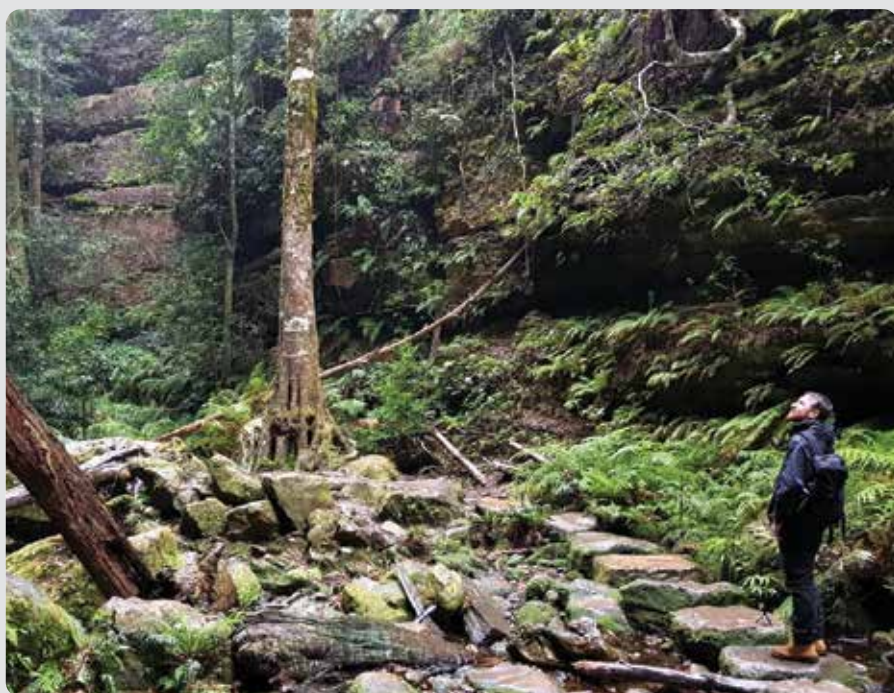
I've had many pets in my lifetime including my ex-racing Greyhound Benson. My girlfriend and I adopted him during lockdown. He has become my best friend and I couldn't imagine life without him.



Above: Chatting with a home care client

I love Kookaburras and gained the trust of a wild one, who comes inside and hangs out with me. I named him Kevin and his favourite treat is raw chicken.

When I finish work for the day, I have a real sense of fulfillment and that I've made a difference to someone's life. I feel blessed to have the interactions I do with the clients I see and love to hear all about their life stories. They often teach me something new on a regular basis.



Above: Denny hiking.

ABH SERVICES

Thanks to interim ABC Minister Guy who's been running services at ABH while Ashfield Baptist Church recruits a new minister. Pastor Micah Hurst will start with the ABC on April 14th – we look forward to welcoming him into our ABH community.

Our family members and loved ones are all welcome to attend our services with their loved ones, held on Sundays and throughout the week for particular occasions or faiths.



Top: Volunteer minister Guy being thanked by Ruth.

Above: Anne (Tony's wife) giving a reading at a weekly service.

Physio Team NEWS

A below-knee amputation involves removing the lower leg, just below the knee joint, during surgery. It's frequently done as a result of serious injuries, infections, or illnesses like diabetes that impair blood flow. The intention is to enhance mobility and quality of life by removing sick or damaged tissue. To help the patient regain function and mobility following surgery, rehabilitation and prosthetic fitting are usually required.

For the past six months, resident Peter has been attending Balmain Hospital as an outpatient, engaging in rehabilitation sessions with a physiotherapist. His routine typically consists of exercises like walking practice using parallel bars, transferring practice, further walking practice with a walking frame, and additional weight training. Peter also worked hard to keep up his progress from the hospital gym by doing his weight-based home exercises. Using a prosthetic demands considerable upper body and core strength to compensate for the missing limb during mobility.

Peter has progressed from being mostly bed-bound to now being capable of completing a full circuit around the upstairs area.

We're sharing Peter's dedication and hard work that has brought him to where he is today. Congratulations again Peter!

Angela and Jenkin, ABH Physio Team

ABH MEMORIAL SPACE

Our new memorial space where families friends and staff can celebrate and reflect on the lives of the loved ones they cared for.



Top: Peter catching up with kids from Ashbury Public. Above: Peter's hard work paying off.





ABH WORD SEARCH

Featuring places and values we live by at Ashfield Baptist Homes as well as a few staff!

AH ORR	CARING FOR LIFE	JESS	RESIDENTIAL
ALLIED HEALTH	CHERRIE HYNTON	JULIET	RESPECT
AMBLESIDE	CHRISTIAN PRINCIPLES	LEIGH	RESPITE
ANA	CLINICAL CARE	LEWIS HERMAN	RETIREMENT
ASHFIELD	CLISSOLD	LIBRARY	SALLY
ASHLEY	COMPASSION	LYNTON	STEWARDSHIP
BETHEL	EXCELLENCE	MAX	SURBITON
BETHEL HOME CARE	GLENARA	MORAG	THREE TOMATOES
BRUNSWICK	INTEGRITY	PHYSIO	VALUES
CARE	INTERFAITH	PRATTEN	VICKI

G D M O R A G S M Q A S H F I E L D G L C A R E W
F T G S J C C B U V C Z S Q E X I N I C E R S A M
N B B B T C H S X R A L C R S D K U D L V Q U H A
L Y R S Q E G R G I B L I H Z W G B T I R N S N N
Q A U Z N L W L I C C I U S V A N V J N C Q P B A
X V N U B R C A E S A H T E S H E C U I D F V E J
R I S Y C E B U R N T R E O S O T W L C X L G E S
R C W S C J T M R D A I I R N U L X I A K Y H N K
E K I L T J O H R W S R A N R M P D E L D N H H B
Z I C E G K P B E R C H A N G I A O T C Z T E G R
W E K W H O B X T L R S I Z P F E A T A H O X Q E
V T P I T A W O I F H E L P V R O H E R M N C B S
G B I S T H R P R M K O S L J D I R Y E B W E C P
S K R H L Z R R E T J K M I I E X N L N J R L A I
W M A E O G S E M K N X I E D B W U C I T F L Z T
G A Y R R X N E E I L C C N C E R O X I F O E V E
Y X F M A E Y K N T N E P O T A N A C H P E N C R
E B H A M P S A T F O T I H M E R T R H E L C Q N
S E S N B R V P W A A M E G Y P R E I Y B T E W I
P T A P L A Q W E A H S A G H S A F I A E Z H S U
M H L T E T U Z S C V O H T R M I S A R L D L Z I
S E L P S T P N D N T B R L O I R O S I N H I L O
B L Y V I E H D S C E U Z R E E T N Y I T J E S S
I K N T D N E P Q Y G M R M S Y S Y Z O H F U E
N H L O E A L L I E D H E A L T H O T N Q N F W W



Easter Reflections

THE GREATEST MIRACLE...GIFT...SACRIFICE...LOVE

It is easy to get caught up and miss out on the beauty that is all around us. One of those things, can be losing sight of the significance of Easter.

Easter is recorded as the most important festival on the Christian calendar. It is a great time for anyone and everyone to receive the gift of salvation and explore what it means to have faith in a loving and caring God.

Easter reminds us of the intersection when a rebellious and sinful people, were embraced by the unconditional love of a loving Heavenly Father.

Each Easter, we journey through Passion Week. On Palm Sunday, we celebrate the triumphant entry of Jesus into Jerusalem and thereafter commemorate Good Friday and, ultimately Resurrection Sunday.

The death of our Lord and Saviour, His resurrection, and His ultimate triumph over death are the very foundation of the Christian faith!

Ken Kamau
Pastoral Care volunteer



Celebrating Easter deliveries

April 2024

Sunday Services

7th, 14th, 21st, 28th
9:30 am

Catholic Mass

2nd - Ashfield
16th - Marrickville
9:30 am

Communion & Devotional Services

10th @ 9:30 am
24th @ 11:00 am

Greek Orthodox

9th @ 11:00 am

May 2024

Sunday Services

5th, 12th, 19th, 26th
9:30 am

Catholic Mass

7th - Ashfield
21st - Marrickville
9:30 am

Communion & Devotional Services

1st @ 9:30 am
15th @ 9:30 am
29th @ 11:00 am

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
W: www.abh.org.au

Bethel Home Care

T: 02 9797 3600
E: bethelhomecare@abh.org.au
W: abh.org.au/home-care-services
F: www.facebook.com/ashfieldbh
31 Clissold Street, Ashfield NSW 2131