



The Heartbeat

Our business of caring for people continues as usual, and we're looking forward to spending more time outside in summer. Signs that the pandemic is contained in New South Wales are promising and hopefully government restrictions will continue to ease across the state.

We have submitted our application for our reaccreditation audit in September. This means assessors from the Aged Care Quality and Safety Commission will attend our site to assess the care and services we deliver.

Our café will reopen on November 2 with extended hours from 09:30 – 1:30pm.

Out now are applications for our Values Awards which are held annually. This is your opportunity to nominate a staff member whom you believe models our Values in the way they work and the contribution they make. Nominations are collated and presented to the Board for a final decision on the award recipients for 2020. Staff see these as very prestigious: I encourage you to pick up a form and nominate someone you believe is deserving.

Finally, our Staff Length of Service awards are being held later this month. We will be celebrating 24 staff who have collectively worked at ABH for 255 years, ranging from 5 years to 20 years' service. We'll be sharing the service recipients and photos in the December Heartbeat.

Leigh



Above: Anthony cooking up a storm and enjoying the spring sunshine

On this day...

October 2, 1869
Mahatma Gandhi born

October 4, 1957
Russia launches Sputnik, the first satellite into orbit

October 6, 1927
The Jazz Singer starring Al Jolson, the first "talkie" movie opens in New York

November 20, 1947
England's Princess Elizabeth marries Philip Mountbatten



November 21, 1992
The Anglican Church of Australia votes to allow women to become priests

November 22, 1963
President John F. Kennedy is assassinated



Christmas CELEBRATIONS

After such a challenging year, it's more important than ever for us to celebrate together and reflect on our outstanding community and ABH family. This year we're doing Christmas a little differently due to restrictions. But rest assured, it will still be a joyous and wonderful occasion – maybe even more so!

We're planning on repurposing our basement space into a Christmas grotto so we can host not one but FOUR different Christmas functions. This is to make sure every resident can still invite one guest.

Local businesses connected with our community are being approached to make a tax deductible donation so we can make this the best Christmas ever for our residents. If you know a local business or community network that might be able to support us, please contact Liz.

We'll share our plans as soon as they're finalised... watch this space!

Top: Rita and Leslie celebrating Christmas at ABH last year

ABH VALUES – CALL FOR NOMINATIONS

Our aim is to inspire staff to recognise and display our core values, which are on every email we send and displayed in several places around our facility.

We would love to encourage all families, staff, and residents alike to nominate any and all staff members who they feel have displayed one or more of our core values.



In 2019 there were 83 nominees in total. In this most challenging year, we would love to top that figure!

Ways to nominate:

- Emailing us at info@abh.org.au
- Use our online survey link, www.surveymonkey.com/r/ABHValues
- Forms available at Reception or the front sign-in table.

Respect

Treating people with dignity (*Cora*)

Compassion

Responding sensitively to individual needs (*Rachel*)

Excellence

Providing quality services (*Marvellous*)

Stewardship

Managing environmental & other resources responsibly (*Alex*)

Integrity

Being honest and fair (*Fumpa*)
(2019 Recipients)



The Olympics

This year is the twentieth anniversary of the best Olympics ever!

The Sydney Olympics, otherwise known as the Millennium Games, were considered the best games at the time. The opening ceremony began with a tribute to the Australian pastoral heritage. At the cracking of the lone stockman's stockwhip, 120 riders entered the stadium, their stock horses forming the five Olympic Rings.

The ceremony showed many aspects of the land and its people including indigenous occupation of the land, the arrival of the First Fleet, continued immigration from many nations and the rural industry on which the economy of the nation was built.

It concluded with the lighting of the Olympic Flame, brought into the stadium by former Australian Olympic champion Herb Elliott. Then, celebrating 100 years of women's participation in the Olympic

Games, Cathy Freeman lit the flame in the cauldron within a circle of fire. A technical hitch caused the sequence to shut down suspending the Olympic flame in mid-air for about four minutes.

When Cathy Freeman went on to win the 400-metre final in front of a jubilant Sydney crowd at the Olympic Stadium, she became the first competitor in Games history to light the Olympic Flame and go on to win a gold medal.

Over 40,000 volunteers were recruited for the event. Called the 'Games Force' the volunteers provided many essential services including drivers, parking attendants, translators, crowd control, stage management, team assistants to the athletes and much more.

Our resident Wendy was one of them!



Far left: Cathy Freeman after her famous victory in the 400m.

Left: Wendy – ABH Resident & Sydney Olympic volunteer.



Say hello to...

RESIDENT RITA HAMMOND

How long have you lived at ABH?

Since February 6th this year. I love my outlook, and I love my bathroom!

Where did you grow up?

In Croydon. I've lived in Burwood and Enfield, but I went to school at Bethlehem College in Ashfield along with my four siblings. All our children also went there.

What was your first job?

I left school after my intermediate and trained in computers using a comptometer. It taught me to easily calculate whole numbers and percentages in my head and round them up or down. I later used the first calculator that came to Australia. My granddaughter is a very clever girl, but I remember the time she called to ask if water needed to be boiling to cook an egg!

Tell us about your family

I come from a long line of strong women. My grandmother was an uneducated woman who took a huge mining company to court in Scotland in the 1930s when her son was killed in an accident. And she won. My mother came out to Australia by herself aged 23 and all her money was stolen on the ship.

My husband Kevin and I had a very happy marriage. He died when he was



only fifty-two. We have three children – Paul, Trisha, and Maureen. Trisha's husband died when she was forty-nine. My heart broke for her because I knew how she felt. I have six grandsons and three granddaughters, and four great-granddaughters.

You always know you will love your children, but with your grandchildren it's exactly the same. You feel their highs and lows. And I feel the same about my four great-grandchildren as well! Everything comes back to you. My grandchildren have always been able to tell me anything, but I would make sure their parents knew if they had to.

What do you believe in?

I believe in justice for all. If you have justice, then you have peace. I also have a strong Christian faith.



Best piece of advice

Don't look back, what's gone is gone. Be the best person you can be today.

Best memory

My wedding day. We were of a generation who had nothing growing up, so our whole marriage was the culmination of an exciting new journey together.

Favourite holiday

I went travelling for three weeks with some friends from our parish through the centre of Australia to Darwin, twenty years ago. It was wonderful.



Top: Rita and Kevin on the happiest day of her life.

Left: A comptometer.

HISTORY OF OUR NAMES: AMBLESIDE

Ambleside is on the ground floor of Bethel. It is named in homage to 'Ashfield Castle', a grand residence on Queen Street with architectural features that have long captured the imagination and admiration of Ashfield's locals.

Ambleside was built in 1888 as the third home in Ashfield for John Balfour Clement Miles. It remained essentially a family home until 1955 when it became Our Lady of Snows Convent. In 1970 it was taken over by the Greek Orthodox Church and became Vasileias. As a hostel in later years the building suffered from a great deal of unsympathetic alterations.

Maria & Louis Armenis purchased Ambleside in 1994 and began ten long years of restoration, restoring it to the grand house and grounds that stand today.



Above: 'Ashfield Castle'



Staff profile

RAMA SAPKOTA **INFECTION CONTROL NURSE**

Where did you grow up?

I grew up in a small village in the countryside in Nepal. It's a beautiful place, surrounded by mountains, but there was not much opportunity or access to facilities. We would walk or cycle everywhere.

Tell us about your family

I came to Australia in 2007 by myself, then my brother came to Australia in 2015. My parents come and go visiting us. My father was a businessman, he owned a furniture shop, and my mother looked after the home. We lived on a farm with a lot of land but my family have moved to City area of Chitwan, about 150km from Kathmandu.

I met my husband in Sydney. He has a big family here. My aunt was married to my husband's uncle, so our families were already connected. My parents and his parents talked and arranged for us to meet and chat while I was living with a family friend in Sydney. Afterwards we decided to get married.

We have one son, he's four and a half. My parents and in-laws cared for him in Nepal while I was studying my degree in Sydney. We had video calls with him every day. He came to live with us in February this year, it was very lucky

timing. He speaks good English and goes to pre-school here. He loves living here and we love having him!

How long have you worked at ABH?

For eight years, since 2012. I started out as an AIN, nursing assistant, then I studied a Bachelor of Nursing at UTS and graduated in 2018. I carried on worked at ABH as an RN.

Before nursing I studied hospitality and hotel management and finished a cookery course in Sydney. But nursing was always my passion, ever since leaving school. I always wanted to



Above: Rama at her graduation.

study but it was hard to do in Nepal. So, I came to Australia and studied nursing once I had residency. My husband was very supportive and encouraging, he's passionate about education.

Three phrases to describe you

Honest. Reliable. Caring.

Ideal holiday destination?

Bali. My cousin's sister has been there, and she loved it. I've never been anywhere else apart from Australia. We have been back to Nepal three times over the past few years. My husband would like to plan a world tour but that's not going to happen for a while!

What is your greatest achievement?

Completing my bachelor's degree in nursing. It's fulfilling my passion and I feel that what I learned is going to give me a big advantage in my career.

What do you love doing?

I love gardening, we have a front and back garden at home which I look after. I still love cooking. I grow vegetables and flowers, I'm a vegetarian which makes it easier.

Favourite thing to do?

I love listening to classical music. My parents were very strict when I was growing up, we did not listen to any music or watch TV.

Biggest learning during the pandemic?

Life is unpredictable, and family are important. You have to flow with the times.

If you could meet anyone, who would it be?

Queen Elizabeth. Or Florence Nightingale.

Life's biggest inspiration?

Looking after my family and working hard. We all need to make the most of the life we are given, what happens happens.



Happy 100th birthday to Jane!
(14th September)

Happy BIRTHDAY!

October

- Oct 2Guiseppe R
- Oct 4Maria P
- Oct 8 Tonka T
- Oct 10 Carmela M
- Oct 14 David T
- Oct 22 Maria V
- Oct 24 Vera S
- Oct 25 Jocelyn T
- Oct 25 Angela S
- Oct 26 Rodolfo B
- Oct 27 Martin G
- Oct 28 Maria Z
- Oct 31 Connie S

November

- Nov 5 Joan G
- Nov 7 Dorothy M
- Nov 7 Clarence M
- Nov 10 Joy H
- Nov 11 Win D
- Nov 15 Colin F
- Nov 20 Margaret H
- Nov 24 Julie S
- Nov 24 Thomas T



Devotions **GOOD NEWS PREVAILS!**

Luke 2:10 But the angel said to them, “Do not be afraid; for behold, I bring you good news of great joy which will be for all the people.”

While the pandemic dominates most of our thoughts and news, we can still focus on the many positive things 2020 has brought us. Out of adversity comes opportunity, out of activism comes change for the better, out of reduced absence comes more family time and out of isolation comes reflection.



Above: Captain Sir Tom Moore.

- We learned that home schooling is HARD and finally recognized teachers, health care workers and essential workers for the heroes that they are.
- Not all superheroes wear a cape. 100-year-old British war veteran Captain Sir Tom Moore did garden laps with a goal of raising £1000 for health workers and reached a total of £32,795,065!
- After the fires that devastated over 2.5 million acres of land, it's now safe to start releasing rescued koalas back into their natural habitat.
- People around the world are reading more, going for regular walks, appreciating nature, embracing their grey hair (and my favourite) puzzles and board games are cool again!

It is comforting to know that in the midst of adversity in an ever-changing world we can experience the unchanging peace of God.

Kathy Mitchell – 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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Visitor bookings:

<https://ashfield.zipline.care>