

Autumn 2024



Bethel
Home Care

Bethel Home Care CONNECTIONS

Your home. Your choice.
Our care.



We're excited to welcome you to our beautiful Autumn Connections.

As the weather cools down, this quarter we focus on staying strong, mobile, and agile.

We share some easy armchair exercises, a story about the joys of lawn bowls and we also chat with Deni our wonderful support worker.

If you'd like to share details of an activity you enjoy and recommend for our community, please let us know. We would love to hear from you.

Margaret Pistevos,

General Manager

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Ashfield Baptist Homes *Caring for life*

Living Well

Ever considered playing lawn bowls?

Meet 82-year-old Tony. He was bowled over by lawn bowls a few decades ago.

What made you try bowls?

Some friends invited me along when I retired. I was initially a bit nervous. I decided to just give it a go!

What was it like, the first time?

Terrible. I couldn't get within 2 meters of the jack (that's the little white ball you try to get your big black bowls close to). It was hilarious, especially getting the hang of the bias on the bowl. I've learned it's important to have a good sense of humour.

What's your game like now?

Sometimes, I'm on a roll (ha ha). Then I have a run of bad games, but always come back for more.

Why is that?

I'm biased. I love the exercise and being outdoors! Bowling is a social sport, a game to play forever. I have friends in their nineties who still play competitively. It's quite a strategic game. For example, rainfall can change the speed the bowls run across the green. And there's an art to blocking your opponent's bowls.



Meet Jack - the little white ball!

You said bowling is a social sport. Tell us more.

We have a BBQ, afternoon tea or a beverage after our games. I helped look after our green for many years. That was rewarding. Now I often just pop along to have a practice roll. Often this leads to a chat with friends and an opportunity for another cup of tea! I guess we are a little community connected by an activity we enjoy.

What would you say to someone thinking of trying bowling?

Give it a go! Get yourself a good hat and wear sunscreen.

Easy Armchair Exercises

Prefer to exercise at home? Evidence shows that even low impact chair-based exercises for older adults can help improve balance, gait speed and grip strength.

Firstly, warm up. Slowly circle your wrists and arms, shrug your shoulders towards your ears. Circle your ankles.

Try some slow bicep curls and shoulder presses. Don't have weights? Use cans of soup or beans instead.

YouTube also provides many styles of chair-based exercise videos that require minimal set up while providing effective workouts. Two to get started.

<https://www.youtube.com/watch?v=xcHQ8jaq29g>

<https://www.youtube.com/watch?v=oumzMyqK-2I>

Note: Start any new exercise slowly. Ask your GP or physio for advice on what exercise is best for you. If anything feels uncomfortable, stop immediately.



Our focus is you...



Say hello to support worker Deni. Deni worked in the corporate world for over 10 years. He lost his job when covid hit. He'd always had a passion for helping others. Losing his job gave Deni the final push he needed. He has been a support worker for 4 years. Deni has worked at Bethel Home Care for 2 Years.

Where are you from? Do you speak languages other than English?

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.

Do you have any passions or hobbies, outside of work?

I love hiking. After a challenging year in 2016, hiking really helped me. Being in nature, fresh air, away from the busy city lifestyle is something I do regularly. One of my all-time favourite tracks is the Grand Canyon Track, in the Blue Mountains, close to a stunning lookout called Govetts Leap. I recommend people visit, especially during sunrise.

Do you like to travel?

YES! In 2018 I spent 6 weeks visiting Russia, Ukraine, Poland, and Serbia. Having only seen the east coast, I would love to travel through the rest of Australia.

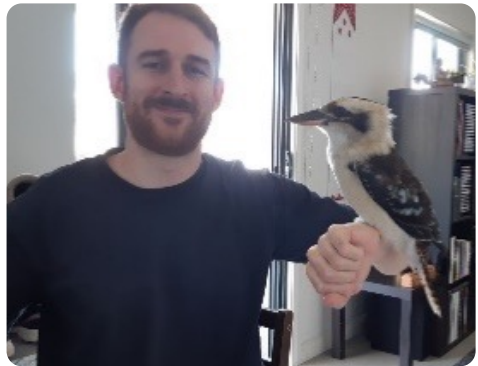
Dream destination?

Antarctica & Egypt!

Do you have any pets?



Benson and Deni.



Deni and Kevin Kookaburra

I have an ex-racing Greyhound named Benson. My girlfriend and I adopted him during covid lockdown. He's my best friend. I couldn't imagine life without him.

I also love kookaburras. I gained the trust of a wild one, enough for him to come inside and hangout. I named him Kevin.

What is your favourite season and why?

Winter! Winter gives me the feeling of life slowing down for a few months. I love to hike during winter.

Do you play sport?

I played AFL for 8 years and I am a big fan of Mixed Martial Arts and like to watch the UFC.

Do you study as part of your role?

I've completed Certificate III in Individual Support. I am considering further study.

What do you love about what you do?

When I finish work, I have a real sense of fulfillment. I feel I've made a difference to someone's life. I'm blessed to have interactions with our clients. I love to hear their life stories. They teach me something new every day.

Recipe Corner

Easy Roast Tomatoes with Basil

Delicious on toast, on top of spaghetti, or served with cheeses.

Ingredients

4 Large tomatoes (washed and cut into quarters).

- 2 tablespoons of olive oil.
- Sprinkle of salt.
- A few fresh basil leaves torn into small pieces.
- You will also need an oven proof dish.

Method

Heat oven to 180°C.

Wash and cut tomatoes into quarters. Place in an ovenproof dish. Sprinkle with salt and basil and drizzle with the olive oil. Bake in the oven for 25 minutes until tomatoes soften. Serve with extra fresh basil.

Serve.

Step 1



Step 2



Step 3



Autumn Word Search



Discover 12 autumn inspired words, hidden up, down, backwards, forwards, and diagonally. When complete, email a photo to bethelhomecare@abh.org.au. All correct entries will go into our autumn draw. Good luck!

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

Staying Connected

Chaplain services

Chaplaincy services are available to all Bethel Home Care clients, free of charge. Ruth our wonderful Chaplain is available via phone or home visits.

To enquire, please contact rnjogah@abh.org.au



Like to submit a story?

If you would like to submit a story, recipe or photograph, please email Jayne your Communications Manager jeconomos@abh.org.au.

Referrals

We welcome referrals from friends and family. Please feel free to share our details.

Bethel Home Care

T: 02 9797 3600 E: bethelhomecare@abh.org.au

W: abh.org.au/home-care-services
or search Bethel Home Care

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.