

Winter CONNECTIONS 2024



Bethel
Home Care

Bethel Home Care CONNECTIONS

Your home. Your choice.
Our care.



Winter can be a wonderful time to spruce up yourself and your home. This quarter, we talk about looking after your feet and the benefits of podiatry.

Many of our clients use the winter months to tackle jobs around the home. Time to hang up treasured family photographs? Fix that irritating leaky tap? Change the batteries in your smoke detectors? Did you know your Bethel Home Care Maintenance Team can help you tackle these jobs and more as part of your Home Care Package or as a private client?

Just let your case manager or support worker know your needs. Remember we are always just a phone call away and here to make your life easier.

Margaret Pistevos,
General Manager
mpistevos@abh.org.au



Ashfield Baptist Homes *Caring for life*

Living Well

A treat for your feet.

Feet are remarkable structures and incredibly well designed to support the human body. But how often do you check them? How often do you moisturise your feet? Do you dry between your toes after washing? Do you have thick hard skin (callus)? Do you cut your own toenails? What do you consider when buying shoes? Do you experience foot pain? These are just some of the questions a Podiatrist might ask you.



Your Bethel Home Care Case Manager can organise an experienced Podiatrist to visit your home and suggest treatment to prevent small problems becoming bigger ones. An assessment might include:

- Identifying any existing problems with your feet including pain.
- Assessing blood supply to your feet, including any nerve damage.
- Explaining what good shoes looks like. Conducting a biomechanical review to see if you need custom foot orthotics or arch supports. Well-fitting shoes can help prevent falls.
- Treating your feet, including cutting your toenails and any calluses, including corns.
- Building a personal treatment plan, with goal being to improve your overall lifestyle.



Did you know that you can use your Home Care Package for podiatry services?

Living Well

Introducing your Bethel Home Care Maintenance Service. Keen to tackle your 'to do' list? Want to make your life easier? And make your home safer and properly maintained? Bethel Home Care can help. Our very own trusted,



experienced Maintenance Team would love to help you to tackle that task list. Many services are offered as part of your home care package or as a private client - including:

- Cleaning gutters
- Installing new garden hosepipes
- Fixing fences and gates
- Cleaning tricky to reach cobwebs.
- Changing smoke detector batteries
- Replacing lightbulbs
- Installing handrails and safety equipment
- Garden maintenance.
- Hanging pictures or mirrors
- And much more...

We can also help you to organise larger projects.

Contact us for a free estimate.

Call: 02 9797 3600 or 0428 358 944

Email: bethelhomecare@abh.org.au

Living Well

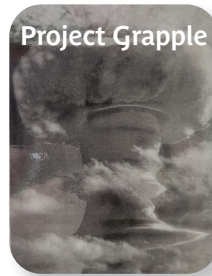
A special thank you to Rob for welcoming us into your home for tea and chat about your life and career! Rob and his wife are part of our Bethel Home Care client community.



Rob and BHC support worker Deni

I was born in Manchester, England. At 6 weeks of age, I was taken to Northern Burma with my family. My father was an engineer and my mother a housewife. Some of my earliest memories involve hanging out with my older brother Michael. We had a pet banana monkey called Sinbad and a rescued brown bear cub, named Sally. We tube fed her to keep her alive. Eventually Sally got too big and was rehomed at Rangoon Zoo. When I was about 4 years old, we moved to India.

What did you do for work?



At 19, I joined RAF for 3 years, then I became a Radio officer in the merchant navy. My dream was to become a Deck Officer, overseeing the deck of the ship. I realised this dream in 1956. I was in the merchant navy for 39 years. Satellite equipment ended the role of Radio Officer.

I have many strong memories from my time in the merchant navy. In 1962, when sailing on a ship through the Arabian Sea, 3 large waterspouts spurted upwards, about a mile from the

starboard beam, followed by a very loud noise. We rushed to see lots of chunks of ice, the size of mangoes, falling from the sky. A few hours later, I was called out on deck. The sea had a bright, purple glow. The Gulf temperature at 110°F, caused the spouts, drawing thousands of tons of water above a frozen zone, scattering it for miles. The sea, full of bioluminescent plankton, glowed when disturbed.

I also remember a goodwill tour on the HMS Warrior, an aircraft carrier. We visited New Zealand, Chile, Argentina, Brazil, and the Falkland Islands where I recall scuffles with some locals, and the sinking of our Captain's Barge which had to be glued back together.

Finally, I was in the vicinity of Christmas Island as part of Operation Grapple, a test of 3 hydrogen bombs.

Favourite travel destination

Lucerne, Switzerland, and the lion monument carved into the rock. It commemorates Swiss Guards killed in 1792 during the French Revolution.



Favourite pastimes

I loved making and repairing models, including boats. I'm just finishing a solar powered display case for my son to display a model ship.



My wife Nita and I have been married for 60 years. We have 6 children, 15 wonderful grandchildren and 3 great-grandchildren. Nita's a keen reader and talented gardener. She planted our beautiful garden which attracts crested pigeons, magpies, kookaburras, butcher birds and tawny frogmouths.

We enjoy our cups of tea together in the morning, visits from our family and Deni our support worker. We enjoy reading, and our garden.

Recipe Corner

A Toast to Toast

From rye to toasted Turkish, English muffins to crumpets, gluten free and full of fibre, the choice of crisp, toasted bread options is endless.



For breakfast, there is nothing better than hot buttered toast with your favourite marmalade or Vegemite, but toasted bread can also be the hero of lunch or dinner. Discover innovative ideas to make satisfying, toppings for toast!

- Scrambled eggs, cooked bacon, grated parmesan.
- Smashed avocado, crumbled feta and sliced red onion.
- Cream cheese stirred into sliced fried mushrooms.
- Baked beans with tasty cheese and dash of Tabasco.
- Pizza toast, chopped tomatoes, basil, melted mozzarella.
- Goat's or cream cheese mixed with leftover roast chicken and dried tarragon.

Let us know your favourite toasty topping and we will feature your idea in our next CONNECTIONS.

Your support worker will be glad to help you make these!

Winter Wonderland Word Search



Winter has arrived down under. Whether you plan to snuggle in with a cup of hot chocolate, enjoy walks in the cooler weather or seek out the snow, this wordsearch is for you! 12 words/items are hidden up, down, backwards, and diagonally. Take a photo of your completed entry for a chance to win a Bethel Home Care notepad and pen and send to jeconomos@abh.org.au. Good luck!

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



Staying Connected



Bethel Home Care : 0428 358 944

General emergency Ambulance, fire, police - Call 000

Chaplain Ruth E: rnjogah@abh.org.au

CONNECTIONS submissions: jeconomos@abh.org.au

Local library _____

Local council _____

GP _____

Family/Friend emergency: _____

Other Important numbers _____

1. _____

2. _____

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.