

Spring Connections 2024

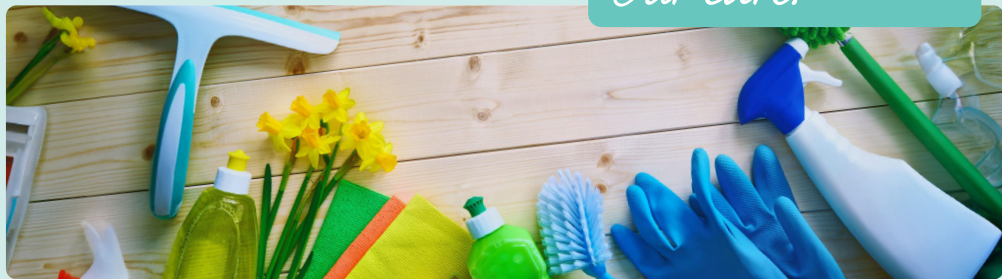
Bethel Home Care

CONNECTIONS



Bethel
Home Care

Your home. Your choice.
Our care.



It's been a whole year since we launched our Bethel Home Care newsletter, CONNECTIONS. As we celebrate this important birthday, we also celebrate the arrival of spring and the excitement of new flora and fauna.

If you're like me, the freshness in the air, and the optimism that comes with the warmer weather gives me the much-needed burst of energy to think about spring cleaning and de-cluttering. This quarter we feature hints and tips for successfully de-cluttering your home as well as highlighting the huge advantages of giving your home a welcome clear and clean out.

To help stay motivated, your Bethel Home Care team can help you keep a spring in your step. We can assist with basic rubbish removal, decluttering projects, and help you organise a deep clean if needed, once the clutter has gone.

We're just a phone call or email away!

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



Ashfield Baptist Homes *Caring for life*

Living Well

Delight in decluttering

Prefer to live in a cleaner environment. Want to feel more energetic and happier?

Research shows, living in a clutter free environment might be the secret. Spring is the perfect time to get started!

Meet Carmel who decluttered to make space for her dream sewing space and made more time for gardening.



De-cluttering your home has many benefits :

- Spaces are easier to navigate. Less lifting/relocating piles of stuff will be required. You'll know where everything is and won't spend hours looking for that bill!
- Your space will be easier and quicker to clean. Less stuff gives unrestricted access to every nook, cobweb, and cranny.
- You'll feel healthier. Less dust means cleaner air and better health especially for vulnerable people, such as allergy sufferers.
- You'll save money. No more buying the latest stackable storage containers from Bunnings or fancy filing system from Kmart. There will be less to store and file.

- You might make some money and treat yourself. For example, valuable things in good condition that you no longer use can be sold to fund a weekend away or a class that you've been keen to take.
- You can focus on what's most important. Removing excess stuff often reveals hidden treasures like a beautiful family photograph that can be framed and put on display, or a China cup that can be cleaned up and enjoyed.
- Your environment will be safer. Falls and contact with objects are the top two reported reasons for injuries in Australian homes. This number is even higher in the over 65 age group. Piles of newspapers and books, loose cables, boxes that stick out into walkways, slippery magazines left on the floor and other objects can be trip hazards. Newspapers, and other flammable material can also increase risk of fire.



Getting started

- Commit to tackling your entire home one room at a time or one type of item at a time such as books, coats, shoes, glasses, piles of paper.
- Make a checklist and plan room by room.
- Take before and after photos to keep yourself motivated. Celebrate your achievements.
- Get some quick wins. Immediately remove tripping and safety hazards. Discard broken items. Donate clothes you haven't worn for over 18 months.
- Choose the easiest room first or a room that you want to make better use of.
- Get into the zone, take your time, put on your favourite music, enlist the help of a friend or your Bethel Home Care support worker

- Consider each item asking yourself (without overthinking) Do I use this? Do I really have space for it? Who else might enjoy or use this item more?
- What value am I really getting from the stuff versus having a clutter free, clean environment?
- Tackle sentimental items last as they can be the hardest items to discard or giveaway. Consider if the memory is triggered by just seeing the item. Can you take a photo instead? Consider the relative value and joy in clutter free home where you can comfortably entertain family and friends and create new, fresh memories.

Give us a call or speak to your support worker if you need help!



Meet your team of support workers



Your Bethel Home Care Support Workers

Not feeling quite like your usual happy yourself? Feeling down or lonely? Please don't suffer in silence. Your Bethel Home Care Team is here to help.

We can take you where you'd like to go

As part of your home care package, or as a private client we can organise to take you to and from your activities you currently enjoy or help you sort through new activities you wish to try. Your support worker can also take you shopping, out for a walk or a coffee at your local café and to visit relatives and friends. If you've ever wanted to sign up to that aqua or yoga class, got to the library, join the local bowlo or volunteer at your local Men's

Shed or Food Bank, we can arrange to transport you there and back. Your health and wellbeing are our concern, so don't be afraid to share your needs with us.



Consider spending a day with some of our wonderful staff at our Ashfield Activity Centre

Opening in August, our activity centre is located at Ashfield Baptist Homes. Activities such as painting, cooking, bus excursions, music sessions, bingo are on offer in a dedicated activity space. All food and drinks are provided. This service is available as part of your home care package or as a private client.



Call us on 02 9797 3600 to find out more or to make a booking. Spaces are limited.

Other free resources: Live Up <https://www.liveup.org.au/>
an excellent government initiative.

Inner West Services for Older Adults-What's On
<https://www.innerwest.nsw.gov.au/explore/whats-on/>

Recipe Corner

Bright and Beautiful Spring Bowl

Using common pantry ingredients and leftovers e.g., canned chickpeas, beetroot, corn, pre-cooked rice, canned tuna or salmon, leftover roast chicken, this is an easy to make, incredibly flexible recipe.

You can then combine pantry staples with some fresh ingredients such as chopped tomatoes, mashed avocado, spinach, whatever you have in the fridge.

According to the CSIRO modestly higher protein diets are important for older adults and can help slow down loss of muscle mass. According to Professor Brand-Miller, adults over 60 should be aiming to consume around 90g of protein per day. So make sure you add some high protein ingredients such as beans, lentils, nuts lean meat, fish, or cheese to your bowl.*



Then add some chopped fresh ingredients.



Use up common pantry ingredients!

Method

Gather your available pantry and fresh ingredients together. Chop fresh ingredients into bite sized pieces. Arrange in a soup bowl to make them bright and beautiful. Sprinkle with a little olive oil and lemon juice or your favourite store-bought salad dressing.

*Always consult your GP or a dietician if you're considering any major changes to your diet.



Spring word search

There are 12 spring inspired words hidden in this wordsearch up, down, sideways, backwards, and diagonally. When you have completed yours, please send a photograph to jeconomos@abh.org.au for a chance to win a Bethel Home Care notebook and pen. Good luck!

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

Staying Connected



Bethel Home Care : 0428 358 944

General emergency Ambulance, fire, police - Call 000

Chaplain Ruth E: rnnjogah@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.