

Summer Connections 2024

Bethel Home Care

# CONNECTIONS



Bethel  
Home Care

Your home. Your choice.  
*Our care.*



We're springing into summer with some exciting news for Bethel Home Care. As well as providers of home care and maintenance services for clients with Home Care Packages, we're thrilled to announce that we are now a CHSP (Commonwealth Home Support Programme) provider. We are employing dozens of new staff, including new Support Workers and Case Managers to support you, our wonderful community.

This quarter we share the benefits of preplanning for emergencies, how Case Managers can help design Home Care packages to meet your needs and say hello to Case Manager, Rebecca.

Finally, learn about our Activity Day Centre located in Ashfield. This is run by your Bethel Home Care team. The centre is a wonderful resource for you, or carers who might need a break one in a while.

As always, we're just a call or email away.

**Margaret Pistevos,**  
**General Manager**

[mpistevos@abh.org.au](mailto:mpistevos@abh.org.au)



Ashfield Baptist Homes *Caring for life*

# Living Well

## How a Case Manager can Help You!

A Case Manager is qualified professional, skilled in all aspects of Australian Home Care. Your Bethel Home Care Case Managers can help you or your loved ones in many ways including:

- Checking in on you while awaiting funding.
- Keeping you connected.
- Organising privately funded home care services, while you await funding.
- When funding is approved, help design a package to help you maximize your budget based on your individual needs.
- As your needs change, they can help you adapt your plan accordingly.

## Meet Case Manager Rebecca Deal



We're excited to share that Rebecca recently rejoined Bethel Home Care as one of our Case Managers.

After taking a break from her career as an event manager to look after her sick father, Rebecca discovered a passion for caring for others and made the decision to pursue a career in aged care. In 2022 she studied for her Certificate III in Individual Support and

commenced working as a home care support worker. In 2023 Rebecca commenced Cert IV in Ageing Support while continuing working in the community supporting clients in their homes. Combining her management experience, her passion for home care and knowledge from the Certificate IV, Rebecca recently became a Case Manager.

## Refer a friend to Bethel Home Care

If you would like to refer a friend or family member to Bethel Home Care, please contact Rebecca Deal or Patrick McFarlane at Bethel Home Care on 02 9797 3600, or email, [bethelhomecare@abh.org.au](mailto:bethelhomecare@abh.org.au). We can share our brochure and arrange to meet at their convenience. We'll even shout them a coffee!



**Bethel Home Care**

Your home. Your choice.  
*Our care.*

**Free Coffee!**

Let's talk Home Care Packages

Grab a free coffee at our onsite café. We are here to help answer your questions about care at home.

Call us today (02) 9797 3600  
E: [bethelhomecare@abh.org.au](mailto:bethelhomecare@abh.org.au)



**What services does Bethel Home Care provide?**

- Domestic assistance
- Meal preparation
- Gardening
- Shopping
- Transport
- Personal care
- Carer respite
- Social support and community connection
- Allied health and physiotherapy services
- Quarterly Connections newsletter

... & much more

**Call us today**  
**(02) 9797 3600**  
or  
**0428 358 944**

# Living Well

## Planning for Emergencies in NSW

Emergencies can happen unexpectedly, from bushfires to floods and power outages. For all of us, including older adults, being prepared is essential to staying safe and minimizing stress during a crisis.

### Tips

- Create a personal emergency plan.
- Identify hazards in your home and building. Know and practice an evacuation route.
- Share your plan with family, friends and or your Support Worker.
- Prepare an emergency kit with essentials such as medications, important cards, documents, water, non-perishable food, a flashlight, and a first aid kit. Don't forget glasses, hearing aids, spare batteries and a warm blanket.
- Ensure your phone is always fully charged.
- Consider buying a small battery-operated radio.
- Complete emergency contact, see page 8. Keep it handy!

## 10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



Stay informed by downloading the “Get Prepared” app or monitoring emergency updates through the NSW SES, RFS, or local councils.

By preplanning, we can face emergencies with confidence, and resilience, allowing us to enjoy our day to day lives to the fullest.

## Bethel Home Care Activity Centre

Our Bethel Home Care Activity Centre is in full swing for some summer fun.

Located in a dedicated space at Ashfield Baptist Homes, visitors for the day will be given the chance to try out a new artistic skill or activity, play bingo, listen to live entertainment, enjoy animal visits and much more. \*



Miniature pony visit, live entertainment and client and Support Worker at our Centre 2024

You can look also forward to bus excursions to local parks and beaches, with stops included for ice cream, picnics or tea and biscuits.

If you or someone you're caring for would like to pop along and try our Activity Centre out for the day, please contact us on 02 9797 3600 to make a booking. Sometimes one day out of your usual routine can make a big difference to your mood and energy levels.

This service can be paid for as part of a Home Care Package or funded privately

\*Note: Activities may vary depending on the day you visit

# Recipe Corner

## Crunchy Summer Lettuce Parcels

An easy and flexible recipe. We suggest canned tuna however, you can also add leftover cooked chicken or beef instead.



### Ingredients (makes 2-3 depending on size of lettuce leaves)

2-3 crunchy, fresh lettuce leaves (Wash/dry gently with paper towel)

250g can of tuna in spring water

1 large fresh tomato (chopped)

½ cup defrosted frozen or canned corn

3 teaspoons of your favourite premade salad dressing

Optional: Add chopped nuts and other veggies e.g. fresh capsicum, cucumber.

### Method

- Arrange your lettuce leaves like little boats on a large plate.
- Open the can of tuna. Drain away any water. Place tuna in a bowl.
- Mix in chopped tomato, corn and other veggies and nuts. Add the dressing and mix gently.
- Divide the mixture between the lettuce parcels.
- Enjoy immediately.

Please ask your Support Worker if you need help shopping for ingredients or need help making this recipe.

# Summer Fun

**Spot the 10 differences** in the two beach scenes below.  
Send us a photo of your entry for a chance to win a Bethel Home Care notebook and pen.  
Ask your Support Worker to help if necessary.



# Staying Connected



**Bethel Home Care : 0428 358 944**

**General emergency Ambulance, fire, police - Call 000**

**Chaplain Ruth E: [rnnjogah@abh.org.au](mailto:rnnjogah@abh.org.au)**

**CONNECTIONS submissions: [jeconomos@abh.org.au](mailto: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](mailto:bethelhomecare@abh.org.au)**

**W: [abh.org.au/home-care-services](http://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.*