

Autumn Connections 2025
Bethel Home Care
CONNECTIONS



Bethel
Home Care

Your home. Your choice.
Our care.



Welcome to Autumn CONNECTIONS. This quarter our client Margaret shares what she loves about hydrotherapy and what to expect in a typical session.

You might have read in the news that aged care reforms are coming to Australia. In this edition, we touch on these reforms and how we can help.

If you visit Palace Cinema Norton St. Leichhardt, you will see some of your Bethel Home Care team up on the big screen. As we continue to expand our home care services, this is just one way we plan to share the good news about what we do. On the same theme, check out special cinema discounts for seniors and a movie quiz.

And finally, in Recipe Corner, we share the benefits and tips of air frying food.

As always, we are always just a call or email away.

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



Ashfield Baptist Homes *Caring for life*

Living Well

I recently had the enormous pleasure of sitting down with Margaret, one of our Bethel Home Care clients, to learn about hydrotherapy.

Margaret explained, *“hydrotherapy is like physiotherapy but in water. It is usually run in groups of around 3 or 4 people and in a small, very warm pool.”*



Margaret shared that physios who run the sessions, often use of a wide range of pool tools, including noodles, kick boards, dumbbells, and stair blocks.

“Each person has an initial assessment. Your physio then tailors a plan for you. When we’re in the pool, we’re often all doing different activities. Sessions run for around 45 minutes. The physios try to push a bit ensuring you get the most out of the session,” she added.

Margaret loves the warm temperature of the water (around 33-36°C) and finds the whole experience challenging enough but also relaxing. “It’s like exercising in a warm bath.” Margaret shared that she always feels much better after hydrotherapy and usually sleeps very well!

Margaret has always loved being in and near water. She used to get up and go to the pool at least 3 to 4 days a week at 5am to avoid the crowds. Over the years she has also tried water classes for seniors. Some of her friends still enjoy aqua classes, but now with some mobility issues, she finds hydrotherapy more effective and helps soothe even severe arthritis pain. It also helps her to maintain muscle strength.

“What I can’t do on land, I can do in the water. It’s wonderful and gives me a sense of freedom and lightness.”

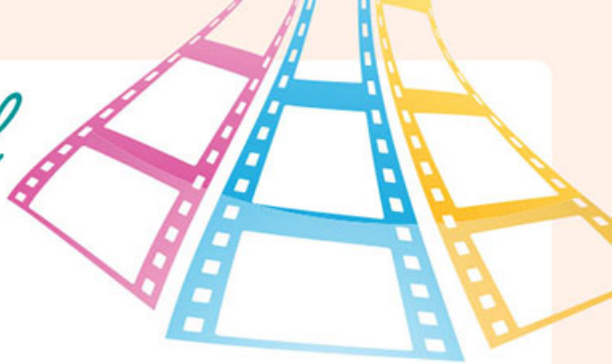
As well as hydrotherapy, Margaret also enjoys seated exercises in the comfort of her own chair. “There are many excellent YouTube videos to show you what to do, and in your own time.” She explained.

If you’d like to explore your options for hydrotherapy, aqua or swimming at your local pool or aquatic centre, we can help you to explore a suitable location or help with transport to and from your activities.



Interview by Jayne Economos - Bethel Home Care Communications Manager

Living Well



Movie Magic

A trip to the movies is still a special occasion, a welcome break from the outside world, a few hours, all phones off, and relax.... Everything else disappears as you escape into a beautiful romance, cheer on your favorite heroes as they save the world, or make your hair stand on end with a bit of Steven King. However, choosing the day to visit the movies can save you buckets of money to spend on popcorn or Maltesers. This is especially true if you are over 60. Many cinemas now offer discounts for older adults and some of the deals can be spectacular and even less if you join your local cinema club. For example, if you join the Palace Cinema Golden Club, you can receive up to a further \$2.00 discount on their already lower senior rates, meaning you can see the latest blockbusters for around only \$10.00!

This year you can also see your Bethel Home Care team on the big screen at the beautiful Place Cinema Norton Street. Look out for Bec, Tom and Home Care client Carmel in our new advertisement.

To make it easy for you, Palace Cinemas have given you easy access to these senior discounts. Just scan the QR code below.



Enjoy the show!

Movie Quiz



To celebrate our big screen debut, here's a quick quiz to test your movie knowledge.

1. Which movie features a green ogre and a donkey?
2. How old was James Dean when he died?
3. Which actress plays Lee Miller in the 2024 movie Lee?
4. What is the highest grossing Australian movie of all time?
5. In which year was Australia the movie aired?
6. Who played Mrs. Robinson in the Graduate?
7. What was the first feature length animated movie ever?
8. Who is the only actor to win an Oscar for his appearance in a Lord of The Rings movie?
9. Which movie was incorrectly announced as the winner of best picture at the 2017 Academy Awards?
10. What famous movie star produced the movie, Barbie?



For answers see Winter Connections.

Our Focus is You

Changes to Australian Home Care are on the horizon

What's happening?

The new Aged Care Act and subsequent reforms are coming this July. Home Care Packages (HCP) will now be called Support at Home.

How will funding levels change?

The new system will replace the current four levels of home care packages with eight classifications of funding for services. When you are assessed by ACAT, they will assign the most suitable category to meet your needs.

How can your Bethel Home Care team help?

Our focus will be to continue to help make your life easier. A reminder, we offer a wide range of services including domestic, garden and home maintenance, shopping trips, transport to and from medical appointments or activities, social support, meal preparation, personal care, nursing/clinical care and much more. We can also help organise respite care if needed.

If you have a friend who would like help with an application, or have any questions regarding the changes, we are more than happy to assist.



Please contact your Bethel Home Care Manager on 02 9797 3600.

Recipe Corner



Air Fry Cooking

Air fryers can set you back \$100 for a basic model, and over \$200 for a more sophisticated option, but we hear from many clients that these machines are life-changing, saving time, money and mess.

“Because I only cook for myself or one other person, it’s too expensive to turn on my oven. My air fryer has made cooking fresh food, fun again.” Bethel Home Care client Our air fryer aficionados shared - chops are juicier, fish fillets, flakier, and chips crisp and crunchy in minutes. Food cooked in an air fryer is also deemed healthier, as only a little oil is used. Many supermarkets also now stock premixed air fryer veggie bags mixes and even meals to reduce prep time.

Assuming a temperature of 160°C – cooking times*

- Salmon steaks 12- 15 mins
- 2 small chops 10 mins
- Chicken tenders 12-15 mins
- Crispy potato or sweet potato wedges 8-10 mins
- Small baked potato 15 – 20 mins
- Broccoli spears 6-8 mins



*Always refer to the instructions for your own fryer as wattages/models vary and ensure pork and chicken are cooked properly in the centre.

Tips/Guidelines

- For a healthy alternative, choose olive oil spray to coat food.
- Use greaseproof paper to line the base of your air fryer trays to reduce mess, ensuring it doesn't come up the sides of the tray.
- Use silicon tongs to protect the Teflon air fryer trays.
- Some air fryers have a dehydrating function. Perfect for drying sliced oranges for an Aperol spritz or other fruits to add to your cereal.

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.