

Spring 2023



Bethel
Home Care

Bethel Home Care CONNECTIONS

Your home. Your choice.
Our care.



Welcome to your first Bethel Home Care quarterly newsletter, Connections, where our goal is to better connect our Bethel Home Care community. In each newsletter we'll share fun stories, tips and inspirational projects, ideas to stay fit, recipes, and competitions.

In our Spring edition, we also introduce your Bethel Home Care team and services we offer to help you enjoy life to the full, in your own home. In future editions, we invite you to share your stories, photographs, and experiences to inspire others.

I hope you enjoy reading our first Connections newsletter and look forward to hearing from you.

Margaret Pistevos
General Manager

mpistevos@abh.org.au



Ashfield Baptist Homes *Caring for life*

Our focus is you..

Your choice of care

At Bethel Home Care, you are at the heart of everything we do. Our focus is to understand your needs intimately. Our experienced case managers can help you tailor a home care package to meet your needs and desires to help you to live your best life in the comfort of your own home. Services we offer include assistance with:

- Domestic tasks
- Physical therapy
- Shopping
- Meal preparation
- Personal care
- Local transport to activities
- Gardening
- Social support and community engagement



Community Connections

As part of our Bethel Home Care family, you're welcome to join our group-based activities at Ashfield Baptist Homes, including bus excursions to local parks, beaches, or Sydney Harbour where we stop for tea and biscuits.

You are also welcome to visit our café, church services, lifestyle activities and cultural celebrations.



Our focus is you..

We speak your language

As well as English, some of our staff speak other languages including Arabic, Croatian, French, Mandarin, Nepali, Portuguese, Spanish. We can also help to organise additional translation services as needed.

We offer care to all people regardless of cultural background, religious denomination, and gender, including Culturally and Linguistically Diverse (CALD) individuals, Aboriginal and Torres Strait Islander (ATSI) people, people with disabilities and members of the Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) community.





Your Case Manager, Patrick McFarlane

8 years at Bethel Home Care. Likes reading, cricket and rugby. Favourite place visited Wester Ross, Scotland. Dream destination Nova Scotia, Canada. Favourite food – fish and chips.



Your Roster Coordinator at BHC, Darcy Page

Highly experienced in residential care facility maintenance. Lifelong Liverpool FC fan. Loves California and Mexican food.



Our focus is you..



Your Communications Manager, Jayne Economos

Passionate South Sydney Rabbitohs supporter. Loves reading, writing, walking her dog Holly, singing, and dancing to ABBA music. Favourite place, Wales. Loves trying new recipes.



Ana Pereira Receptionist

Our wonderful Receptionist Ana has worked with us for over 5 years. You will meet Ana if you come to visit us at Ashfield Baptist Homes.



Passionate about animals. Hobbies include going to the movies, walking and reading. Favourite places are Port Douglas and Noosa. Dream destination U.K. Favourite foods are smoked salmon sandwiches, high tea, vegetarian lasagna.

Recipe Corner

Spring Mint Mocktail

This refreshing Spring Mocktail will help you stay hydrated. If you need help, please ask your care worker for assistance.

Ingredients

- Small handful of fresh mint leaves
- 300ml non-alcoholic ginger ale
- Handful of ice
- Wedge of fresh orange.



You will also need a tall drinking glass and spoon.

Method

Tear or chop your fresh mint into small pieces and pop into the bottom of the glass. Cover with ice. Add orange wedge. Pour in the ginger ale until near the top of the glass. Stir and enjoy!

Step 1



Step 2



Step 3



Step 4



Living Well

Spring – Why not try a new hobby or activity?



Our home care community members already enjoy a whole range of activities and hobbies. These include playing golf, aqua classes, painting, gardening, watching favourite shows and movies on TV, reading, knitting, walking, going to church. And, playing online games, doing crosswords, quizzes and puzzles, socialising with friends and family, cooking, and attending events at Ashfield Baptist Homes. Quite a list!

If you'd like to try something new but don't know where to start, please let your care worker know. We might be able to assist in finding the right contacts, tools, and transportation to and from activities.



A perfect time to reconnect with nature!

With the weather warming up, why not dig out those crumpled gardening gloves and add a burst of colour and fragrance to your home or garden. Whether your garden is big or small, a patio or a pot or two, our Physical Therapists at Ashfield Baptist Homes share some tips to make gardening safe, fruitful, and enjoyable!

Start slowly: If you're new to gardening, start with small tasks, gradually increase intensity.

Practice proper posture: Pay attention to your posture especially when lifting to avoid strain or injury. Consider using garden stools and knee pads for extra support.

Stay hydrated: Gardening can be physically demanding. Remember to drink plenty of water to stay hydrated.

Sun protection: Wear sunscreen, a hat, and protective clothing to shield yourself from harmful UV rays.

Create a relaxing space: Design your garden to include a spot where you can sit, relax and admire your work.

Involve friends and family: Gardening with others can be fun. Ask your care worker if you need help to start.

**Medical research shows that gardening promotes positive physical and mental health benefits. As with any new activity, if you have any medical conditions, consult with your healthcare professional first.*

Living Well

Plant an edible garden

Have you considered planting your own edible herb and flower garden?

It's wonderful to keep your favourite edibles to hand, inside or outside your home, in a tray or pot. Oregano adds a delicious twist to scrambled eggs or tomatoes on toast. Basil boosts the flavour of grilled meat or fish. Edible flowers add Spring joy to salads. A sprig of rosemary and fresh citrus combined with sparkling water, makes a refreshing drink to enjoy on a warm evening. And why not try our Spring Mint Mocktail recipe on page 7! Mint grows especially well in our climate.



Your local garden shop or supermarket often sell potted herbs in pre-packaged combinations. Plant your favourites, or experiment with something new. This is a fun project that keeps on giving for months.

Happy gardening!

Spring Garden Word Search

As part of our community, you're invited to enter our Spring competition to win some fresh potted herbs.

Complete the spring word search below.

Email a photo to bethelhomecare@abh.org.au.

All correct entries will go into a draw.

All entries must be received by September 25th 2023.

Hint! There are 15 words hidden up down, backwards, forwards and diagonally.

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| S | R | K | F | E | E | C | M | O | O | L | B |

Staying Connected

Remember we are just a phone call, or email away.

Patrick McFarlane (Case Manager)

0428 358 944 | pmcfarlane@abh.org.au

Darcy Page (Roster Coordinator)

0438 947 917 | dpage@abh.org.au

Chaplain services

Chaplaincy services are available to all Bethel Home Care clients, free of charge. Ruth is available via phone call or home visit.

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

*We always welcome referrals from friends or family.
Please feel free to share our details.*

If you'd like to submit a story, poem, recipe or photograph, please email Communications Manager Jayne at economosj@hotmail.com.



Bethel Home Care

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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.