

Summer 2023



Bethel  
Home Care

# Bethel Home Care CONNECTIONS

Your home. Your choice.  
*Our care.*



Thank you to our community for such positive feedback following the launch of Connections, and to those who sent in suggestions for topics you'd like us to write about.

This quarter, we offer suggestions to avoid online and phone scams. We also explore how making just one small lifestyle change might benefit our wellbeing.

If you're anything like me, you're now being enticed by fresh, fragrant, seasonal mangoes. Why not try our easy Marvelous Mango Mess recipe on page 10. And, a little hint, you may find a mango in our word search competition!

If you have stories, recipes, photographs, topics you'd like us to include in future publications, please contact us.

Enjoy the best of summer!

**Margaret Pistevos, General Manager**

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Ashfield Baptist Homes *Caring for life*

# Living Well

## Can one small change make a difference?

For many of us, the thought of too much change can quickly bring on sticky palms and a sweaty forehead.

Over the last quarter, we've been exploring, articles, TV shows and podcasts by British Doctor, Michael Mosely. In his recent series, 'Just One Thing', Dr. Mosley shares his opinions on how even small lifestyle changes might have a positive impact on our mental and physical health. \*



*Some of the topics he covers include:*

- The potential benefits of making small dietary changes such as drinking more tea, reheating our pasta, and cooking tomatoes. Yes really!
- How dusting off our cossies and swimming a few laps might improve our cardiovascular health, and arthritis.
- Practicing Pilates, a low impact, low intensity exercise, which has been proven to make our bodies stronger and more flexible.
- How breathing through our nose has the potential to improve gum health, memory and lung function.
- The importance of having a good old chuckle. In his podcast, 'Have a Laugh' Dr. Mosley has a good old giggle with cardiologist Professor Michael Miller revealing how laughter releases natural pain killing endorphins and help to alleviate stress.



Dr. Mosley's recommendations claim to be evidence based, practical and well researched. Let us know what you think.

*\*With any change to your diet or exercise regime. Please consult your GP.*

# Living Well

## Becoming Scam Savvy

Thank you Deni, our support worker, for suggesting this important topic on behalf of our Bethel Home Care community.

**SCAM**

Unfortunately, scams of all kinds are becoming more commonplace. A scam is often defined as an attempt to steal money or data from a person or organisation.

Scams often might appear via email, text or a call. The bad news, scammers are becoming more sophisticated, the good news, by taking some basic precautions, many scammers can be stopped in their tracks. \*



## Examples of scams you might receive.

You are due to receive an ATO DIRECT refund of \$3742.11 AUD. Please visit <https://www.ato.gov.au/join/services/info/> Thanks, Australian Taxation Office.

“;could you please send me 150. At the woolies checkout and just realised i have the wrong debit card on me.  
BSB - 122 778 Account number - 8805 20663

I'm at the petrol station and bought the wrong card with me . Can you please send me 150 . I will pay you back when i get home.  
BSB - 064 496 ACC - 1411 6868

AUPOST: We made an unsuccessful effort to deliver your package. Please choose your delivery method via: [.link](#)

LINKT: Our record indicates that you have an e-toll trip dated 30/07/2022 was UNPAID. Please make an online payment over <https://urldrl.top>

### *General tips:*

- **Take time before responding to text and emails.**  
Read emails and texts thoroughly. Not 100% sure something is legitimate? Show it to a trusted person.
- **If it sounds too good to be true, then it probably is.**  
Emails or texts might refer to a fabulous, often unexpected prize you have won, money you are owed, or an incredible special offer. These are usually fake.
- **Ignore requests to send money.** These might be addressed 'Hi Mum or Dad'. They might ask you to call a number, click a link or send money to an account. Call and speak to the person you think the text is from.
- **Ignore threats!** Scammers may accuse you of something you haven't done or demand urgent payment of unpaid tax or bills. Don't engage; delete.
- **Don't click on unknown links.**  
Unless you are 100% sure of the source of an email or text, avoid clicking on any links.
- **Look for spelling or grammatical errors.** Scams often include spelling or other errors.
- **Use your answering machine or voicemail.**  
This can help filter callers with unknown ID's.
- **If in doubt, don't engage.** Show a trusted person or just delete.

If you suspect you've received a scam, ask a trusted person to help. If you've been subject to a scam and need advice, [servicensw.gov.au](http://servicensw.gov.au) is a great place to start.

*\* Advice in this feature is based on widely available research from government and consumer websites.*

# *Our focus is you...*

**Meet Bec who joined Bethel Home Care in February 2023. We asked Bec about herself, and her journey to becoming a support worker.**



*Tell us a little about yourself.*

I grew up in the leafy suburb of Pymble. I'm an only child, but Mum is one of seven and I'm so lucky to be surrounded by 24 cousins! Growing up I had a cat, a dog and many many fish! I now live with a daughter, my husband, and our dog, a spoodle called Maple, who rules the house. We live in Sydney's inner west.

*What are your hobbies and passions?*

I have SO many, but outside of my family and our dog, I love growing orchids. They're a wonderful species of plant, endless in variety and fascinating in their care needs. I belong to orchid growing groups which gives me access to a community of orchid experts and enthusiasts!





### *Have you always been a Support Worker?*

Before home care, I was a professional conference organiser. Prior to that, an event manager for over 20 years.

In 2017, my darling Dad was diagnosed with cancer. I supported him and my mum through his illness. After he passed, I continued to support Mum to adjust to the 'new normal' and learn skills to become independent.

During that time, followed by Covid, I realised event management wasn't my true calling and pursued a career in home care. In 2021, I began my Certificate III Individual Support. I have never looked back! This year I'm studying Certificate IV Ageing support.

### *What has studying again been like?*

Incredibly rewarding. Studying something I'm passionate about is energising. I love home care. Supporting people in their own homes has given me a renewed sense of purpose. It feels amazing and a privilege to be part of a family's support team.

*Have your previous careers and skills gained helped you in your current role?*

Yes! Many of my event skills including time management, task prioritisation, working with diverse communities, and working under pressure are common to both event management and my current career.

*What do you love about what you do at Bethel Home Care?*

Only one thing, that's tricky! I love the variety, getting to know my clients, and their carers. I feel honoured to share their stories. I look forward to making a positive impact on people's lives, every time I go to work.

Understanding that you are supporting people to stay in their home, connected to their sense of place, their communities, families, and friends is so important.

It's a wonderful experience!

*Any career highlights you'd like to share?*

Achieving my medications competency with Bethel Home Care was fantastic. This allows me to increase the level of support that I can give my clients and their families.



# *Our focus is you...*

## **Getting out and about!**

If you've given up the keys to your car, or no longer have access to your usual transport options, we understand this can be frustrating. Your Bethel Home Care team is here to help you attend social activities, medical appointments, or simply getting out in nature.

We offer transport services which may be part of your Home Care Package, (or at an additional cost). Our beautiful new wheelchair accessible vehicle carries up to 6 people, or a wheelchair plus 4 people.

You're also welcome to join our regular bus trips. These feature singalongs, plus stops to take in the scenery and enjoy a beverage. Locations visited vary, but include Centennial Park, the Botanical Gardens, Sydney Harbour, Lambeth Reserve, Kurnell, and the occasional mystery location!



*Bus driver and volunteer John often leads singalongs on our bus trips.*

# Recipe Corner

## Marvelous Mango Mess

*Ingredients – Makes 1*

- 1 premade meringue nest (broken into pieces)
- 1/2 large mango, (peeled, cut into 1cm cubes)
- 3/4 cup of full fat Greek Yogurt
- Pulp from 1 passionfruit
- Sprig of mint (optional)

You will also need a small dessert glass and a spoon.



### *Method*

Spread half the Greek yogurt across the bottom of the glass. Layer half of the broken meringue on top. Add layer of mango. Repeat with another layer of yogurt and meringue using it all up. Top with passionfruit pulp and serve immediately.



### Step 1



### Step 2



### Step 3



### Repeat



# Summer Word Search



Congratulations to the winner of our Spring word search competition.

In our summer search, look out for 12 Summer inspired words hidden in all directions. Hand your completed entry to your Bethel Home Care Support Worker. A winner will be drawn from entries received by the end of January 2024. Good luck!

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

# Staying Connected

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

## **Patrick McFarlane (Case Manager)**

0428 358 944 | [pmcfarlane@abh.org.au](mailto:pmcfarlane@abh.org.au)

## **Darcy Page (Roster Coordinator)**

0438 947 917 | [dpag@abh.org.au](mailto:dpag@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](mailto: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 [jeconomos@abh.org.au](mailto:jeconomos@abh.org.au).*



## **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.*