

Autumn 2026



Bethel  
Home Care

# Bethel Home Care CONNECTIONS

*Live the life you choose*



Many of our wonderful support workers began their careers in entirely different industries. This quarter, we learn more about Benny's inspiring journey from chef to support worker at Bethel Home Care.

Keeping with food themes, we highlight the importance of good nutrition as we grow older and in recipe corner we share our Easy Cheesy Bake with seasonal veggies.

If you need help with meal preparation, shopping or ordering pre-prepared meals to make things easier for you, please let us know. We are more than happy to help. A lot of support can be organised as part of your package or as a private client.

In the meantime; bon appetite, buon appetito, buen provecho, dobar tek, smaczneho, Kalí órexi, qǐng màn yòng, beteavon, eet smakelijk.

Eat well and enjoy the best of Autumn!

**Margaret Pistevos, General Manager** [mpistevos@abh.org.au](mailto:mpistevos@abh.org.au)



Ashfield Baptist Homes *Caring for life*

## MEET SUPPORT WORKER

# Benny

**Benny, we're blessed to have you in our team. What did you do before you joined Bethel Home Care?**

I spent nearly 16 years in the hospitality industry as a chef. When Covid-19 hit, my job with an airline catering company ended when Australia closed its borders. I enrolled in a Certificate IV course in Disability. I worked as a disability support worker for 2 1/2 years, then as a youth worker supporting Aboriginal youth for 2 years.

**Tell us a little about your family and background**

I was born and raised in Bangkok, Thailand. My parents are teachers. My father taught Agronomy at University, and

*Top: Benny cooking Vietnamese chicken pho for people, including monks at Stanmore temple.*

*Bottom: Making duck noodle soup for consecration ceremony at Wat Dhammadharo Canberra January 2026.*





my mother was a high school chemistry teacher. I have two siblings who still live there. In Thailand I earned my Bachelor's Degree in Food Science and Technology. I came to Australia to study further and have since emigrated here. I live with my wife and son.

My parents always told me, 'No one is too old to learn' and that had a big impact on me. In Australia, I went on to complete a Certificate III in Commercial Cookery, Diplomas of Business, Hospitality and Human Resource Management.

### **Do you have any hobbies?**

Every Sunday I volunteer as a cook at a Thai Buddhist temple where I prepare and provide nutritious meals for those in need, including the homeless. Seeing people enjoy a meal that I prepared for them gives me so much joy. It's so rewarding.

*Above: Cooking with Consul General at Wat Buddharangsee, Annandale.*

## Meet support worker Benny (Continued)

### When did you become a support worker?

During Covid-19 I decided to change careers and look for something more meaningful. Helping others and supporting the community has always been part of my nature. I enjoy caring for people, truly listening and helping them feel safe, comfortable and respected. My role allows me to build meaningful relationships with clients. I enjoy supporting them to live independently and happily.

### Why do you enjoy working at Bethel Home Care?

The team is so supportive and professional. They genuinely care about our clients and their staff. That means everything.

*Left: Benny cooking 120kg of chicken wings March 2026 for people including monks at Stanmore. Right: Mango Sticky Rice and Caesar salad.*



# Living Well



## Tips on eating and drinking

Good nutrition is an important factor for staying healthy, independent and energised as we age. Our bodies naturally change often affecting appetite, digestion, muscle mass and how well we absorb certain nutrients. Taste changes, dental issues and living alone have also been shown to impact eating habits. Simple strategies such as softer food options, sharing meals with others, or preparing smaller, balanced portions can help make eating more enjoyable.

## Muscle and bone strength

Protein is especially important as we age. It helps maintain muscle strength reducing the risk of falls. Protein is found in lean meats, eggs, dairy, legumes or tofu. Calcium and vitamin D also play a key role in keeping bones strong. Dairy products, fortified plant milks, leafy greens and safe sunlight exposure can also help meet these needs.

## Vitamins, minerals, fibre

Even if your appetite reduces, small portions of fresh veggies and fruit, wholegrains and healthy fats such as olive oil can provide important vitamins, minerals and fibre without large portion sizes. Fibre supports digestion and heart health.



## Stay hydrated

Even mild dehydration is common in older adults, so drinking regular water throughout the day is important even in the cooler months. Adequate hydration helps prevent fatigue, constipation and confusion.

*If you have any concerns about changes in your food or water intake, please talk to your GP. Consider asking for a referral to a qualified dietician. If you need help with meal preparation or a dietician visit, please let us know.*

# Recipe Corner

## Easy Cheesy Bake

*Ingredients – makes 2 portions*

- 4 large eggs, lightly beaten
- ½ cup of whole milk
- 1½ cups of your favourite veggies  
Can include fresh or defrosted frozen peas or corn, chopped mushrooms, broccoli, sweet potato, carrot, peppers.

**The more colourful the better.**

- ½ cup of grated Cheddar cheese
- Pinch of salt and pepper to season
- If you like a bit of spice, add a few chilli flakes.
- You will also need a small square oven dish.

### *Method*

- Heat oven 180°C.
- Place eggs, milk and seasonings in a bowl and stir gently. Gently stir in chosen veggies and cheese until thoroughly mixed in.
- Bake in the oven for around 20 minutes until the egg is set and the top is light brown. You can also use bake setting on your air fryer.
- Serve with salad or lean meat.



*Tip: Leftovers can be cut into portions, wrapped in freezer bags and frozen for up to one month.*

# Foodies Word Search

A little bit of food and drink fun! Search up, down, backwards, forwards, diagonally. There are 12 hidden words in all.



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

## TIME FOR A CHUCKLE!

What's the secret to a good life? Ha-pea-ness.

Why was the fruit busy on a Friday night? Because it had a date!

What's a vegetable's favourite kind of joke? A corny one!!



# Staying connected

General emergency  
ambulance, fire, police **CALL 000**

**Bethel Home Care:** 0428 358 944

**CONNECTIONS:** jeconomos@abh.org.au

**Local library** \_\_\_\_\_

**Local council** \_\_\_\_\_

**Doctor/GP** \_\_\_\_\_

**Family/Friend emergency** \_\_\_\_\_

**Other important numbers** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

## Your Care Partners



Darcy



Elora



Vicki



Bandana

## Bethel Home Care

**T:** 02 9797 3600

**E:** [bethelhomecare@abh.org.au](mailto:bethelhomecare@abh.org.au)

**W:** [bethelhomecare.org.au](http://bethelhomecare.org.au)

or search Bethel Home Care

If you would like to contribute to Connections, please contact [jeconomos@abh.org.au](mailto:jeconomos@abh.org.au)

## 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.*