

Summer 2025



Bethel
Home Care

Bethel Home Care CONNECTIONS

Live the life you choose



Have you ever wanted to get those hips grooving again or maybe for the first time ever? This quarter, we share a story about the joys and benefits of getting on the dance floor.

Get your groove on with our mango salsa recipe and twisty word search.

We know you want to make the most of the warmer months. As your trusted home care provider, we also understand that it's not always easy getting where you need to be, especially if you prefer not to drive. Whatever your plans or wishes, talk to your care partner at Bethel Home Care about our transport options if you need help. We're just a call away!

Margaret Pistevos, General Manager

mpistevos@abh.org.au



Ashfield Baptist Homes *Caring for life*

Dance the night away!

If you haven't seen the TV documentary on the ABC, called *Keep on Dancing*, we highly recommend you take a look. It's full of inspiration.

This two-episode show follows nine Australians, between the ages of 65 to 80 as they take to the dancefloor, some of them for the very first time. The documentary originally aired in October 2022 and follows a unique 12-week experiment. The nine were asked to embark on intensive dance journey under the guidance of renowned choreographer Kelley Abbey, known for *Dancing with the Stars* and *Happy Feet*.



The group was also monitored by biomechanical scientists. The core idea: can dance act as a pathway to improved health and slower ageing? The participants, some of whom had health concerns including Parkinson's, Alzheimer's, peripheral neuropathy or issues with balance and stability were challenged to improve not only fitness but also cognition, mood and connectedness to others though dance. Over the twelve weeks, the group underwent supervised training, testing, creative preparation - ending with a live performance in front of friends and family at our National Institute of Dramatic Art (NIDA).

The show has a very emotionally uplifting conclusion with all dancers demonstrating renewed purpose, physical improvements to balance and coordination, better mood, sharper memory and greater confidence, culminating in the beautifully choreographed onstage finale. It also showed how people can come together from diverse backgrounds, skill levels and ages and support one another and achieve something spectacular.

Ultimately this project also demonstrated that we are never too old to try something new and that dance is a powerful way to improve health and fitness.

If you would like to give dancing a go and need help getting to or from your local salsa, ballroom, Zumba, line or other dance activity, please give us a call.



We're here as your needs change

You have now probably heard that things are a changing in the aged care space. The new Aged Care Act came into effect in November this year. If you're already a Bethel Home Care CHSP client and are thinking of applying for Support at Home funding, or if your needs have recently changed or you think they will in future, we'd be delighted to help. We can even sit with you when you call My Aged Care about changing your package from CHSP to Support at Home.

The beauty of staying with Bethel Home Care is that we are already a familiar face, you know our care partners and support workers. They are well trained, trustworthy and reliable. We know you have a choice, but our team has a genuine desire to make life easier for you.

Our service offerings for Support at Home are extensive and include:



CHSP and SAH programmes are supported by the Australian Government, Department of Health and Disability and Ageing.



Living Well

Making the most of Summer with Bethel Home Care Transport

We know handing over car keys is one of the biggest decisions our clients face. If this is something you are challenged with, are feeling less comfortable behind the wheel, frustrated with the busy traffic, staying indoors because you don't enjoy driving and would like to make getting around easier, we might be able to help.

We offer transport services as part of the Support at Home programme and as a privately funded service.

If you want to try a new activity, see the ocean or go to the park, enjoy a social visit with a friend or family member, or get to and from medical appointments, just give us a call to schedule your service. Our friendly, reliable support workers will get you where you need to be.

And, if you're not sure if you're quite ready to hand over the keys just yet then you can give our transport service a go. See how it feels. It could be a new, supported chapter in your life, knowing you are in safe caring hands.

Recipe Corner

Easy Mango Salsa

This easy to make salsa makes grilled fish or chicken taste even more delicious. It's so good it will be jiving across your tastebuds.

Ingredients – makes 4 portions

- 1 large mango, peeled, stone removed, chopped into 1cm pieces
- ½ red onion, chopped into 1cm pieces
- 1 large vine ripened tomato, washed, chopped into 1cm pieces
- Juice of half a lime
- 1 teaspoon fish sauce
- Pinch black pepper & salt

Method

Place all ingredients in a bowl. Stir gently. Cover and refrigerate until cold.

Serve with cold or hot cooked roast chicken, grilled fish or cooked prawns. This salsa can also be tossed though iceberg lettuce to make a delicious summer salad. Great served as a Christmas lunch entrée.



Summer Word Search

Our dance theme continues. Ten dance styles are hidden below. Search up, down, back, forwards and diagonally.

When complete share with your Bethel Home Care support worker for a chance to win a summer surprise!



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

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. _____

Bethel Home Care

T: 02 9797 3600 **E:** bethelhomecare@abh.org.au

W: bethelhomecare.org.au
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.