

# Spring Connections 2025

## Bethel Home Care

# CONNECTIONS



Bethel  
Home Care

Your home. Your choice.  
*Our care.*



Spring is in the air!

As the days grow warmer and longer, now might be the perfect time to refresh your home and garden.

At Bethel Home Care, we offer many services to help you enjoy the best of this season and make life easier for you. These include domestic assistance to get rid of the lingering cobwebs of winter, plus gardening and home maintenance.

If you are keen to visit your local park, beach or garden center, meet up with friends or try out your local bowling club or Probus group, but don't have transport, we may be able to help. As always, we are just a phone call or email away

Welcome to the season of new beginnings.

**Margaret Pistevos,**  
**General Manager**

[mpistevos@abh.org.au](mailto:mpistevos@abh.org.au)



Ashfield Baptist Homes *Caring for life*

# Client Spotlight

## Tea & Conversation

I recently sat down to share a cuppa with our lovely client Christine at her home. We spoke about why she sought home care and services from Bethel Home Care.



### What made you explore home care options?

My husband and I want to stay in our own home. We both have significant health issues, and I finally realised we needed some extra support. We both worked and looked after everything ourselves for over fifty years and it was just becoming too much.

### Do you receive any government support?

Yes, we receive Commonwealth Home Support Programme funding - although, it did take a while. So, if anyone is considering applying for a government assessment or funding then I suggest you get your application in as soon as possible. It took about 2 years for our CHSP to come through. My recommendation - call and get an application number!

### What Bethel Home Care services do you use?

We have a large garden, and we can no longer mow the lawns or do garden maintenance. The team at Bethel Home Care organised for someone to take care of these basics. We also have domestic assistance. Our support worker Benny is fantastic. He comes twice a month for 2 hours each time and it makes a huge difference to our lives. I'm now keen to explore your home maintenance services.

### Can you share more about what this support means to you?

Even though I know I'm getting older I still feel young. I continue enjoying activities and hobbies such as my aqua aerobics, swimming, reading and socialising with friends. It's important to continue to do the things that you make

you happy. Having the extra support at home means I can still do many of the activities I enjoy. I can also spend valuable time with my 8-year-old

granddaughter without worrying about maintaining the house and garden all the time.

### **You mentioned that you used to work, tell me more.**

I have a finance background. For many years, I was a personal assistant in a large organisation. As well keeping as active as possible, I also enjoy spending time with my daughter and my granddaughter who has her own room here.

### **What do you appreciate about Bethel Home Care?**

It's the people: my support worker Benny, Chris who maintains the garden and the help I receive from Patrick and the other care partners to schedule services. I like the text reminders they send to confirm the timing of our services. This really helps so that I know who to expect and when. Inviting people into your home is often a big hurdle to overcome. It was the same for me. I trust the team at Bethel Home Care, and I often recommend your services to friends.

As we walked through Christine's garden and admired the beautiful Camelias and trimmed lawn, I was sad to say goodbye.

Thank you, Christine, for your time and the cuppa.

**If you're interested in sharing your home care experiences for Connections newsletter, please email Jayne:**

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

CHSP is non means tested. While some clients may be asked to contribute to the cost of their services if they can afford it, there is no formal income or asset test for eligibility.



# Living Well

## Why Not Join a Probus Group

The Bethel Home Care team was recently invited to speak at several local Probus groups. about how we can make home care easier.

Probus groups meet monthly and provide semi-retirees and retirees with the opportunity to meet new friends in their community and explore new hobbies or interests. Probus has tens of thousands of members across Australia, offering a range of activities including development of new skills, trips away and outings for members to enjoy, depending on interests, lifestyle and location. As well as connecting with like-minded people, members also listen to guest speakers on a range of topics. This is where Bethel Home Care came in. We were invited to speak about all things home care including upcoming funding and package changes and what they mean for older adults in our community.

We had plenty of opportunity to answer questions and demonstrate how Bethel Home Care can make life easier when organising home care including offering help to guide you through the process with key themes emerging:

- If you or a family member need help at home or anticipate needing assistance in future- apply as early as possible. This might be due to planned surgery, change in family support available or your mobility.



Our General Manager Margaret and Care Partner Rebecca at Strathfield Probus.



- The application process can be confusing; Bethel Home Care can make your life easier. We can help you apply for your funding without any obligation.
- People often don't realise the level of funding and breadth of services available to them.

If you are already a member of Probus or similar groups and you'd like Bethel Home Care to come along to one of your meetings, please give us a call on 02 9797 3600 or email

Jayne jeconomos@abh.org.au

If you'd like more information about Probus visit [www.probusouthpacific.org](http://www.probusouthpacific.org)



# Spring Word Search



There are 12 food related words hidden in different directions. When complete, share with your support worker to be in with a chance to win a Bethel Home Care notebook.

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

# Recipe Corner



## Mix and Match Omelette

Make way for the flexi omelette. With just a few eggs and seasoning you can whip up a light lunch or add tasty fillings for a more substantial dinner. For inspiration, see our suggestions below.

## Basic Omelette Ingredients – Portion for One

2 large eggs

Pinch of salt and pepper(optional)\*

Teaspoon of vegetable oil

Teaspoon of butter

You will also need a medium sized frying pan

## Method

Crack eggs into a bowl and whisk gently with a fork. Add salt and pepper. Heat butter and oil in frying pan over medium heat until butter melts and bubbles slightly.

Pour eggs into the pan. Spread around base evenly.

Cook until mixture has set and egg is cooked through, (about 30 seconds).

If you are adding filling - do so now. Fold omelette over filling.

Continue to heat for 30 seconds. Serve immediately.

## Filling ideas: Half a cup of the following combinations:

Cooked veggies e.g. asparagus, sliced peppers, mushrooms

Cooked chopped bacon, sliced mushroom, grated cheese

Crumbled feta with cooked chopped spinach

Sweetcorn and cooked bacon

Roast tomatoes and basil

Any leftovers from the fridge.

**Tip:** Make sure the fillings are warmed before adding to the omelette.

# Staying Connected



**Bethel Home Care : 0428 358 944**

**General emergency Ambulance, fire, police - Call 000**

**CONNECTIONS submissions: [jeconomos@abh.org.au](mailto: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.org.au](http://bethelhomecare.org.au)**

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