

Winter Connections 2025 Bethel Home Care CONNECTIONS



Bethel
Home Care

Your home. Your choice.
Our care.



Welcome to Winter CONNECTIONS.

Have you ever thought of writing down your life story? Winter might be the perfect time to grab your notebook and capture memories to share with family and friends. To help get you started, our Communications Manager has put together a list of useful prompts and tips to get you started.

This quarter we also share helpful information regarding Senior Rights Advocacy Services and our recipe for this winter is a quick and easy one pot pasta.

Just a reminder, previous copies of your CONNECTIONS newsletter can be found on our website and as always, your Bethel Home Care team is only a phone call or email away!

Margaret Pistevos,
General Manager
Bethel Home Care
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Ashfield Baptist Homes *Caring for life*

Living Well

Last year my husband and I spent time digging deeper into our family histories. In the process, we realised there were simple memories we hadn't shared with our children - sports and hobbies we tried, music we danced to back in the day, and the pets we loved and lost growing up. The process was enjoyable, cathartic and sometimes had us in fits of giggles. Most of all it was incredibly rewarding to know that we had captured precious history for future generations.



Winter provides the perfect opportunity to grab a new notebook, scrapbook, (or computer if you have one) and get started.

Based on recent experience, I have come up with a list of prompts. It's also fun to enlist the help of a friend, family member or Bethel Home Care support worker to keep ideas rolling.

- Where were you born? What hospital or place? Who was there?
- What is your first childhood memory? How old were you?
- What were your favourite foods?
- What was your family dynamic? Parents working? Siblings? Any important extended family ties?
- Did you have pets? If so names and fun memories.
- Did you play sport/engage in other hobbies?

- What experiences shaped your childhood and life?
- What occasions did you celebrate with family and friends? How?
- Pull out old photo albums for further inspiration!
- Include any traditional family recipes
- Create a scrapbook or photobook as a gift for future generations.



For further inspiration, browse our Ashfield Baptist Homes Heartbeat magazine where we regularly capture resident and staff stories. abh.org.au - under the Resources tab.

Written by Jayne Economos Your Communications Manager Bethel Home Care

Call Jayne on 02 9797 3600 if you would like to feature in our CONNECTIONS Newsletter.



Our Focus is You

Your Rights in Aged Care: Support and Services for Seniors

Everyone receiving aged care in Australia has rights – and there are free services available to help you speak up and feel safe.

What Are My Rights?



The new Aged Care Act, which comes into effect in July 2025, will include a Statement of Rights, outlining the rights that older adults will have when accessing aged care services. The rights outlined in the Act help to ensure that older people and their needs are at the centre of the new aged care system. The Statement of Rights include the right to:

- independence, autonomy, empowerment and freedom of choice
- equitable access to services
- quality and safe funded aged care services
- respect for privacy and information
- person-centred communication and ability to raise issues without reprisal
- advocates, significant persons and social connections.

What help is available?

1. My Aged Care

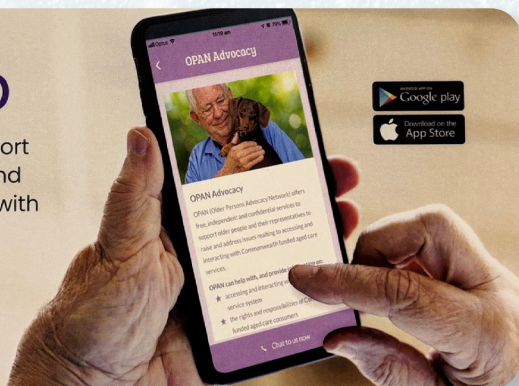
This is usually your first stop for aged care support and information.

Phone: 1800 200 422 Website: myagedcare.gov.au

They can help you find services, understand fees, and what government financial assistance you might be entitled to.

Elder Help

A mobile application to support older people, their families and carers to access assistance with aged care related issues.



2. Older Persons Advocacy Network (OPAN)

Free, confidential help if you have concerns about your care.

Phone: 1800 700 600 Website: opan.org.au

OPAN can:

- Explain your rights
- Speak with your care provider (with your permission)
- Support you in meetings
- Help with aged care issues, big or small



3. Aged Care Quality and Safety Commission

The official body that checks aged care services and handles complaints.

Phone: 1800 951 822 Website: agedcarequality.gov.au

If something feels wrong or unsafe, they're here to help.

4. National Elder Abuse Helpline

For confidential help regarding concerns about mistreatment or abuse, from family or carers.

Phone: 1800 ELDERHELP (1800 353 374).

5. Legal Help for Seniors

Each state has free legal services just for older people. They can help with:

- Powers of attorney
- Financial or emotional abuse
- Legal issues in aged care services

Contact Seniors Rights Services 02 9281 3600 or Email info@SeniorsRightsService.org.au

Need Help Speaking Up?

As your trusted provider, you can also contact Bethel Home Care for assistance. Please remember, it's OK to ask for help. Whether it's a small worry or a big concern, you don't have to face it alone.

Your Care Partners



Patrick McFarlane



Rebecca Deal



Darcy Page

Call us to find out more about the services we provide 02 9797 3600.



Recipe Corner



Easy One Pot Pasta – Makes 2 servings

1 small onion chopped

1 500ml can cherry tomatoes

1 cup penne pasta

Clove of garlic chopped (optional)

1 vegetable stock cube mixed with 2 cup of hot water

1/2 cup frozen peas

A few basil leaves (optional)

Grated parmesan cheese

Dash of oil for frying

You will also need a medium sized frying pan.

Method

- Heat oil in frying pan.
- Add onion. Over a medium heat, fry until soft. Add garlic and stir. Add tomatoes, liquid vegetable stock, peas and bring to a simmer. Add the pasta and continue to cook until all liquid has dissolved, stirring occasionally – about 12 minutes. Add extra hot water if needed.
- Serve hot with plenty of grated parmesan and basil on top.

Tip: Add leftover cooked beef or chicken or prawns to add extra protein.

Staying Connected



Bethel Home Care : 0428 358 944

General emergency Ambulance, fire, police - Call 000

CONNECTIONS submissions: 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@abh.org.au

W: abh.org.au/home-care-services

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.