

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DRISTRICTS

Update & News from our Founder & President, Lesley Bryce:

So that's it for 2023 – Christmas and New Year done and dusted. I hope that you all had lovely celebrations with family and friends. We spent Christmas on the Sunshine Coast with our son, Josh, and his family. We decided that it's been 8 years since we have had an all of family Christmas! Many changes in my life during that time – Dad and Mum both passed away, Paul's Mum Pat passed away. Our family has diminished by a generation, so we embrace the family we have and revel in the younger ones growing up.

I want to focus on one thing in particular this newsletter. With the long Christmas break and many weeks of school holidays, it is inevitable that our workers will be taking time off. I can't emphasise enough, to all our workers, how important it is to let us know your dates of availability during this time. I am aware that some workers consider it is none of our business, that they 'tell their client' and that will suffice. Unfortunately, that will not suffice, as many of our clients are no longer blessed with wonderful memories so these messages get totally lost. We had several instances just prior to Christmas this year where our clients called to ask 'what was happening' about their services. We had received no notice from their support workers, the clients were confused and just assumed that we would be organising something else for them. So please to both our clients and our support workers – just send us an email with your unavailable dates. An email to every one of our workers during December, requesting their availability dates during the holidays, with minimal replies. We manage a large number of clients, a considerable number of workers and hundreds of hours of contracted support work and this critical information helps us to ensure that clients receive the services that they need.

We endeavour to stay in touch with everybody in a multitude of ways. Some of our clients don't do email, many of them don't do social media, some don't do texting, some only have a landline and aren't confident to check their voicemail. The girls work overtime to make sure everybody is in the loop by making telephone calls where required, but it is inevitable that some people get upset because they don't hear the news. Please be assured that we always do our absolute best to keep you all informed.

Another small gripe is that if you have a stay in hospital, we need to advise Trilogy Care of this situation. We can only do that if you tell us. The real problem arises when the hospital discharges you and you get home, sitting there waiting for us to either restart your services or, worse still, you assume that all the instructions given to you at the hospital about possible allied health services is passed to us. It isn't passed to us; we have no way of knowing what's happening unless you call to update us on your at home requirements prior to discharge, please don't assume we will know what's going on.

Other than all that griping, I'll be looking forward to seeing you all again early in the New Year. Please check our Upcoming Events in this newsletter to see what we have in store for you. For me, there will be more trips west and south (pretty excited about a trip to Tassie in the future)!

Enjoy this edition of our newsletter.

Lesley x



We Recognise The Challenges of Country Living and are Committed to Helping Local Seniors Get Better Value Care.

Contact Us:

35 Dennis Street, Bell Qld 4408

Phone: 46631333

Email: info@bellcares.com.au

www.bellcares.com.au



Find us on 

Happy New Year

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- Simple and Tasty Recipes

How we're tracking

99 **People in our Care Project**

84 **People using their Home Care Packages and receiving in home services**

34 **Local people employed through the project**

*Together, we can make a real difference in the lives of our local seniors.
Thank you for your continued support!*

Seniors Spotlight



Stanley Kellet

Stanley Kellet is the oldest resident of Bell at 101 years of age. He is still going strong and living in his own home with his wife Helen and son, Stewart.

In his own words, this is his story:

My name is Stanley Kellett, I was born on the 13th of March 1922, one of 4 boys and two girls. I originate from Woodend, Victoria located halfway between Melbourne and Bendigo, 71kilmetres northwest of Melbourne.

I left school at 14.I milked cows, I dug spuds, sheared sheep, contract fenced and was one man in a 5-man harvest team. I worked 12 hours a day, 7 days a week. In 6 years, I had 2 days off, when my brother took me to watch the live wrestling.

At 20, I saved 3 people's lives from a charging bull. A long story, but a quick wit and common-sense saved the day. I had an exemption for service for the duration of the war but joined anyway. We earnt 6 shillings a day in the army, I kept 4 and sent 2 shillings home to my dear mother.

I joined the army when I was 19. I spent the first 2 weeks in Corfield, Victoria then 3 months in Sunshine Victoria, then 3 or 4 months in Williamstown. In January 1943, I started in Darwin. I was here for 4 years. I maned the search lights. I have some of my best memories from Darwin. When we weren't working, we were swimming. After this I served in Sydney, helping the Australian POWs establish their lives, recovering and being reunited with family and loved ones. This was an honour, rewarding but very sad. After this I spent 4 months in Rabaul, East New Britain province of Papua New Guinea. This was a clean up mission, and I was based at the supply depot.

It was while home on leave from the army that I decided to take a position at home in the Forestry Commission. I started in 1946 and worked there until finally joining my wife and children in Dalby in 1977-78. In 1978, Helen and I bought the house we are living in today at Bell. I worked for the Wheatboard until 1984, at the age of 61 years. After this I grew and sold my vegetables and was still mowing lawns until I was 94 years old. I cannot garden any more, but I have a lot of fond memories of family and friends.

BELL CARES INC

Do you have a My Aged Care Home Care Package and are unhappy with your current Service Provider?

Please Join Us
FEBRUARY 27TH

WE'RE HERE TO HELP!
At Bell Cares Inc we have a unique approach to the issue of servicing Home Care Packages in rural communities. Come along to meet the Bell Cares team & hear how we can help YOU.

Where: Dalby Bowls Club
58F Patrick Street, Dalby
What Time: 10:00am

REFRESHMENTS & LIGHT LUNCH PROVIDED

For further information & RSVP for catering purposes please contact our office:
07 4663 1333 or via email info@bellcares.com.au



In Melbourne having joined the army, aged 19



Stan, with his siblings and mother (standing next to each other)



As a school boy with his chooks & rooster



On a fire lookout at the Forestry Commission



Working at the Forestry Commission (far left)



Servicemen from Bell, Doug Fullagar, Navy, Stan Kellet, Army & Joe Hopper, Air Force

SUPPORT IN AN EMERGENCY



We would like to take this opportunity to provide you with support available in emergencies and extreme weather events such as those that have impacted various areas of Australia over the holidays.

Emergency Care Plans

Every care recipient should have a copy of their current care plan in their home which can be provided to emergency services or temporary care givers.

We also encourage every care recipient to have an emergency care plan in place for events. This emergency care plan should consider whether you are able to self-evacuate in an emergency, alternative accommodation, and what you will do in instances such as loss of:

- power;
- road access;
- internet or telephone services; and
- water and sewerage systems.

To complete your emergency care plan, please contact Trilogy Care on 1300 459 190 or managed@trilogycare.com.au.

Emergency Evacuation

If you are directed to evacuate and require immediate assistance to do so, contact 000 or State Emergency Services. Once you have been safely evacuated, please contact your Care Partner to discuss continuation services at your temporary location.

Sheltering in Place

If you are not directed to evacuate and are sheltering in place it is important that you continue to monitor conditions. Tune your radio to ABC for emergency broadcasts, and check for communications from the Bureau of Meteorology or your local Council regularly.

You should also ensure you have adequate food, fresh water, medication, batteries, first aid and lighting to last 72 hours.

Interruptions to Care and Services

During an emergency event, your usual care and services may be interrupted. If you are at risk of not receiving essential care or services, we encourage you to contact 000 or State Emergency Services as a priority.

If you experience interruption of non-essential care or services please contact your Care Partner to discuss options available to you.

Clean-up and Recovery

Home Care Package recipients may be able to direct unspent funds toward clean-up and recovery of their home where expenses are not covered by insurance or other disaster recovery payments.

Costs that can be funded from the home care package after an emergency event are slightly different to usual items able to be funded, and may include:

- cleaning services (including specialised cleaning services);
- specialised cleaning equipment hire and costs;
- home and garden maintenance for functional safety;
- replacement or repair of home modifications damaged in the event;
- short-term hire of appliances;
- transportation and accommodation costs;

These are examples that apply in very specific circumstances only. To ensure the appropriate assessment and approval of such expenditure, please contact your Care Partner.

Government Support

State and Federal Governments may offer financial support to Australians affected by disasters. Speak with your Care Partner or Services Australia to find out if any relief is available to you.

BELL CARES DATE CLAIMERS

JANUARY 2024

Thurs 18 Jan - 10:00am

**Morning Tea & Guest Speaker:
Debbie Betros from Aged and
Disability Advocacy
(ADA) Australia**

at Bell Bunya Community Centre
71 Maxwell Street, Bell

FEBRUARY 2024

Thurs 1 Feb - 10:00am

Social Morning Tea
at Pips'N'Cherries
15 Ensor Street, Bell

Tues 6 Feb - 10:00am

Social Morning Tea
at Dalby Bowls Club
58F Patrick Street, Dalby
\$10 per person

Thurs 15 Feb - 10:00am

**Morning Tea & Guest Speaker:
Luke Burstow,
Burstows Funeral Care**
at Bell Bunya Community Centre
71 Maxwell Street, Bell

Tues 27 Feb - 10:00am

Dalby Community Consultation
at Dalby Bowls Club
58F Patrick Street, Dalby

MARCH 2024

Thurs 7 Mar - 10:00am

Social Morning Tea
at Pips'N'Cherries
15 Ensor Street, Bell

Thurs 21 Mar - 10:00am

**Morning Tea & Guest Speaker:
Stacey Edwards,
Wellways Carer Gateway**
at Bell Bunya Community Centre
71 Maxwell Street, Bell

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DRISTRICTS

Simple & Tasty Recipes

4 Ingredient Jam Drop Biscuits



Did you know that the Bell Show is the home of the Australia All-Over Jam Drop Competition? Use this recipe and enter yours for chance to be the 2024 winner!
For more information on how to enter go to www.bellshowsociety.com.au

Serves 24 biscuits

Ingredients

- 1 cup butter softened
- 1/2 cup caster sugar
- 2 cups plain flour
- Jam of choice

Instructions

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Using electric beaters, cream butter and sugar until light and fluffy.
4. Fold in flour just until incorporated.
5. Using a tablespoon of mixture, roll into balls and onto a paper lined baking tray.
6. Use the end of a wooden spoon to push a hole nearly to the base of the biscuit dough. Fill hole with jam of choice and bake for 15 minutes or until slightly golden. Remove from oven and allow to cool before serving.

Tasty Tomato Tart



Tomatoes are in peak season, enjoy them at their best in this simple yet scrumptious tart.

Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes
- 1 cup of your favourite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

Instructions

1. Preheat the oven to 190 degrees and line a baking tray with baking paper.
2. Place the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a frying pan over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt and pepper to your tastes.
5. Bake for 25 minutes until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

COMMUNITY INFORMATION

2024

HEALTH SERVICES
AVAILABLE

ALL BY APPOINTMENT ONLY

MYOTHERAPY

Monday & Thursdays
Kadi Lillis 0493 576 595
<https://www.theruralmyo.com.au>

REFLEXOLOGY & REIKI

Tuesdays
Amanda McCarthy 0447 126 666
<https://www.alpha vitality.com.au>

ACUPUNCTURE

Tuesdays
John-Paul Davies (JP) 07-4663 1087
<https://newleafclinic.com.au>

PODIATRY

Fridays
Melissa Cummins 0419 968 998
mel@northsouthpodiatry.com.au

all available at the
BELLBUNYA
COMMUNITY CENTRE
Lot 71 Cnr Maxwell & Wallace Streets Bell QLD 4408
07-4663 1087 bellbunyacommunitycentre@gmail.com

VOLUNTEERS NEEDED!

CALLING ALL COMMUNITY-MINDED SOULS.
WE NEED YOUR HELP!
many hands make light work.

Our not-for-profit organisation is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

If you love your community and have an interest in keeping a range of invaluable health and leisure services available here in Bell, then please reach out to learn how you can get involved and help.

We also want to hear your ideas, wants and needs!

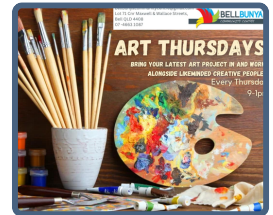
Please reach out today to discuss how you can help. Just a few hours here and there can make the world of difference.

Bell Bunya Community Centre
Lot 71 Cnr Maxwell & Wallace Streets, Bell QLD 4408
bellbunyacommunitycentre@gmail.com
www.bellcommunitycentre.com.au
07-4663 1087

Annual Bell Art Exhibition 2024

Entries close Friday 9th Feb 2024

For further details and entry forms, please contact Kerri on
ph: 0497588546
email: bellartgroupinc@gmail.com



ART THURSDAYS
Bring your latest art project in and win awesome prizes! Creative people every Thursday 9-11p

Cuppa & Book Chat

Bell Library is launching their very own information book club.

Come along and share your love of books with like-minded people.

SCAN FOR MORE INFO!



Bell Library
Thursday 8 February
10-11am

MORE INFORMATION AT:
WESTERNDOWNSLIBRARIES.COM



TAI CHI THURSDAYS

\$10 cash payable to Joan

Experience meditation in motion.

10:30AM every second Thursday at Bell Bunya Community Centre. All skill levels are welcome.



Lot 71 Cnr Maxwell & Wallace Streets, Bell QLD 4408 (4663 1087)

BELL SHOW 2-3 March 2024



BELL SHOWGROUNDS

www.bellshowandrodeo.com.au



Bird Watching
with Bevnie Geron
Meet the third Friday of each month

Word Search Puzzle

Australia Day is on the 26th January,
find the themed words

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

HAPPY AUSTRALIA DAY



- KANGAROO
- BELL
- VICTORIA
- LAMINGTON
- QUEENSLAND
- KOOKABURRA
- EMU
- SYDNEY
- WATTLE
- ULURU
- QANTAS
- BUNYA
- VEGEMITE
- KOALA