

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

Falls prevention and our ongoing wellbeing

As our bodies change, it's important to recognize the shifting dynamics and challenges they may pose to our stability and balance. A significant issue that can impact us as we age is the heightened risk of falls. This risk is increased when factors including declining vision, impaired balance, and diminished mobility are combined with long-term medical issues.

Falls are a pressing concern for seniors, with statistics revealing their prevalence as the leading cause of hospitalised injury and injury-related deaths among individuals aged 65 and over in Australia. Shockingly, in 2019–20, approximately 41% of hospitalisations for falls—totalling 54,600 admissions—were recorded for those aged 85 and over.

However, we can take proactive steps to protect our health and reduce the chance of falling despite these obstacles. Here are some tips to help you consider how you can reduce your risk of injuring yourself by having a fall.

Stay Active

Regular physical activity can help us maintain strength, balance, and flexibility.

- Chair exercises: Simple movements like leg lifts, arm circles, and seated marches can be done safely at home or in a group setting.
- Yoga: Practicing yoga can improve balance, flexibility, and overall body awareness.
- Gardening: Tending to a garden provides a gentle form of exercise that can improve strength and flexibility.

Home safety modifications

Conducting a thorough assessment of the home environment to identify potential hazards is crucial:

- Placing non-slip mats or strips in the bathtub and shower.
- Installing handrails along staircases, hallways, and walkways provides seniors with additional support and stability.
- Swapping out standard toilet seats for elevated ones can make it easier for seniors to sit down and stand up.
- Ensuring that pathways throughout the home are clear of obstacles and clutter.
- Occupational therapy support may be available under your Home Care Package to help you identify ways to reduce your risks around the home. Speak to your care partner to see if you're eligible.

Vision and hearing check

Routine vision and hearing assessments are essential to identify changes quickly. Detecting and addressing issues like cataracts, glaucoma, or hearing loss promptly can improve awareness of surroundings and prevent accidents. For instance, scheduling an annual eye exam to update eyeglass prescriptions and checking hearing aids regularly for proper functioning can contribute to maintaining sensory function and reducing fall risk.

Medication management

Regular medication reviews with your healthcare provider can help you identify any drugs that may increase the risk of falls due to side effects like dizziness or drowsiness.

- Organise medications in a pill organiser or consider a Webster Pack to avoid confusion.
- Set reminders for medication schedules using alarms or smartphone apps.
- Regularly review medications with a healthcare provider to identify any potential side effects or interactions.

Nutrition

Nutrition plays a crucial role in maintaining overall health and preventing falls among seniors. A well-balanced diet rich in essential nutrients can support bone health, muscle strength, and cognitive function, reducing the risk of falls and promoting ongoing wellbeing.



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

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TBA

In this Edition:

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- Trilogy Care Updates
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- Date Claimers
- Community Info and Events
- Quick & Easy Recipe
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How we're tracking

97

People in our Care Project

86

People using their Home Care Packages and receiving in home services

40

Local people employed through the project

Heart Care Checklist

Whether you have an underlying heart condition or just want to know how to maintain heart-healthy habits, this checklist offered by NorthShore's cardiac experts can help you maintain a healthy lifestyle!

Manage Blood Pressure

Normal blood pressure levels vary by age and gender.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	Less than 120	and	Less than 80
ELEVATED	120 - 129	and	Less than 80
HIGH BLOOD PRESSURE (HYPERTENSION STAGE 1)	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION STAGE 2)	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (seek your doctor immediately)	Higher than 180	and/or	Higher than 120

Control Cholesterol

Too much cholesterol in your blood can build up in the walls of your arteries and cause heart disease. There are two types of cholesterol - HDL and LDL. High HDL levels reduce the risk for heart disease, low levels increase the risk.

- HDL cholesterol levels greater than 60 (mg/dL) are high. **That's good!**
- HDL cholesterol levels less than 40 (mg/dL) are low. **Not so good.**
- LDL cholesterol levels should be less than 100 (mg/dL).

Reduce Blood Sugar

If you have diabetes, you're twice as likely to have heart disease or a stroke than someone who doesn't have diabetes. Keeping your blood sugar level in your target range can help you feel better. It can also improve your energy and mood!

Signs of low blood sugar: shaking, sweating, nervousness/anxiety, irritability or confusion, dizziness, hunger

Signs of high blood sugar: feeling tired, feeling thirsty, blurry vision, needing to urinate more often

Stop Smoking

Quitting smoking is one of the best ways to improve your heart health. **Trying to quit?** Try nicotine replacement therapy, avoid triggers, get exercise, practice relaxation techniques, get support from friends/family.

Get Active

Aim for 30 minutes of moderate physical activity every day and 150 minutes of moderate aerobic or 75 minutes of vigorous aerobic activity a week.

Eat Better

NorthShore experts agree switching to the Mediterranean diet (LINK TO HY ARTICLE) is ideal for improving heart health along with your overall health! Stick to plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices. Avoid processed red meats, heavily processed foods (frozen foods), refined grains, alcohol, butter and hydrogenated oils.

Lose Weight

Maintaining a healthy BMI (the ratio of weight to height) is a good way to measure if you're overweight or battle with obesity.

People who are overweight (BMI of 25-29.9) have too much body weight for their height.

People who are obese (BMI of 30 or above) almost always have a large amount of body fat in relation to their height.

Reduce Stress

Stay positive! Did you know that laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries and increase "good" HDL cholesterol? Simple things like a warm bath, listening to music or spending time doing hobbies can give you a much-needed break from the stressors in your life.

Get the Heart Scan

Life-saving, pain-free and only 15 minutes! Get a Heart Scan for just \$50!

Schedule a Wellness Visit

Schedule your yearly physical with a NorthShore Doctor. Your doctor will check your weight, blood pressure, blood cholesterol and blood sugar levels during these exams. They will also review with you your medical history and lifestyle habits, which affect your chances of developing heart disease.

Some Useful Links:

Scamwatch - stay safe online

<https://www.scamwatch.gov.au/>

Assisted Bins - need some help putting your bin in and out?

www.wdrc.qld.gov.au/files/assets/public/v/1/services-amp-payments/waste/collection/fillable-application-assisted-service-regional-garbage-recycling-collection-service.pdf

Queensland Ambulance - register your property access

<https://www.ambulance.qld.gov.au/our-services/register-property-access>

Enduring Power of Attorney - online Form 2

www.publications.qld.gov.au/ckan-publications-attachments-prod/resources/4a5d8235-28d3-4bee-af76-b5cb92b4d787/enduring-power-of-attorney-short-form-to-upload-28-04-21.pdf?ETag=b5867d5866f069653b0321ad274c8038



Sat March 1, 2025 - Sun March 2, 2025

Celebrating 67 years

Wallace Street, BELL, QLD, 4408, Australia

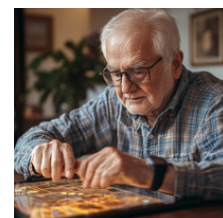
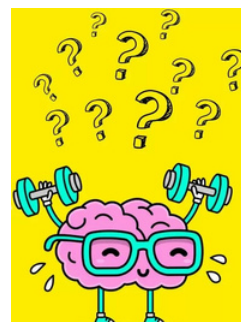
Gate Entry (Sat) - \$15 Gate Entry (Sun) - Free

15 Years & Under - Free

Ice Cream Flavors

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

COCONUT
STRAWBERRY
VANILLA
FUDGE
ROCKY ROAD
COOKIE DOUGH
NEOPOLITAN
COTTON CANDY
HOKEY POKEY
CHOCOLATE
MOOSE TRACKS
GREEN TEA
TIGER TAIL
PECAN
REESES
BANANA



COMMUNITY INFORMATION

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.alphavitality.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

Bell Bunya Community Centre



Lot 71 Cnr Maxwell & Wallace Streets Bell QLD 4408
07-4663 1087 bellbunyacommunitycentre@gmail.com



ScamWatch
Stop. Better safe than scammed.

Stop

Does a call, email or text seem off?
The best thing to do is stop. Take a
breath. Real organisations won't put
you under pressure to act instantly.

Check

Ask someone you trust or contact the
organisation the message claims to be
from.

Reject

If you're unsure, hang up on the caller,
delete the email, block the phone
number. Change your passwords.

2020	AMOUNT LOST (MILLIONS AUD)	SHARE OF MONEY LOST	NO. OF REPORTS	SHARE OF NO. OF SCAMS
Social networking	\$27.26	15%	9689	4%
Phone	\$48.08	27%	103,153	48%
Mobile Applications	\$20.52	12%	4348	2%
Email	\$34.28	19%	47,502	22%
Internet	\$29.05	16%	13,636	6%
Text message	\$3.04	2%	32,337	15%
Other	\$13.86	8%	5,424	3%



Movies @ Mary's

Experience Movies@Mary's: a monthly
outdoor movie session at Mary's Place.

Join us for a free family-friendly
community event enjoying a movie under
the stars. It's the perfect opportunity for
all ages to experience the charm of an
outdoor cinema right here in our
community.

Residents are encouraged to get in early to
secure their spot or bring a blanket or their
own chairs. Those attending are
encouraged to bring their own non-
alcoholic beverages and favourite movie
treats to enjoy during the film

Sat 22 Feb 2025

Movie TBC

Time 7:00pm

Welcome to bring a camp
chair, rug and snacks.

Sat 22 Mar 2025

Movie TBC

Time 7:00pm

Welcome to bring a camp
chair, rug and snacks.

Sat 16 April 2025

Easter Movie

Time 6.30pm

Welcome to bring a camp
chair, rug and snacks.



BELL CARES DATE CLAIMERS

FEBRUARY 2025

Thurs 6 Feb 2025

Social Morning Tea

Pips'n'Cherries

Ensor Street, Bell

Thurs 20 Feb 2025

Pub Lunch

12 noon

The Bun Pub,
Kaimkillenbun

Join us for a great pub
meal, invite your friends
RSVP by Mon 20 Feb

MARCH 2025

Thurs 6 Mar 2025

Social Morning Tea

at Pips'N'Cherries

15 Ensor Street, Bell

Thurs 20 Mar 2025

Social Morning Tea

Community Centre

Maxwell Street, Bell

Guest Speaker

Pssst

In May 2025 we are planning a
celebration of our 5th
birthday.

Can you believe it!

More details in the next
newsletter

Quick & Easy Recipes



EASY-PEASY FRUITCAKE

Easy ~ 2.30 hr cook ~ 0:10 prep

Ingredients

- **Mixed Fruit 1kg**
- **400g tin condensed milk**
- **3/4 cup Baileys Irish cream**
- **(or replace the above 2 items with 650g iced coffee)**
- **2 cups self-raising flour**
- **1 tsp mixed spice**

Method

1. In a large bowl, combine dried fruit, condensed milk, Baileys and 1/2 cup water. Mix well, cover and refrigerate overnight.
2. Remove from the fridge and stir well, allowing it to come to room temperature. Preheat oven to 150C. Grease and line a deep 20cm round cake tin with baking paper.
3. Fold flour through soaked fruit. Pour into prepared tin and smooth the top. Bake for 2 hours until a skewer inserted into the centre comes out clean.

Notes

Check cake at the 1 1/2 hour mark. If it is browning too quickly, cover with foil.

The Last Word ...

Christmas now seems like forever ago – although it was lovely to have a nice break and the girls all certainly appreciated it.

Rebecca left us late last year to deal with her own family affairs. We miss her terribly, but hopefully by next newsletter we can introduce a new staff member to the team.

I wanted to address some burning issues that we have had recently. The pre-Christmas madness seemed to extend to everybody – with at one point in our last week 5 of our clients in various hospitals. It is very stressful for us, as the reality is that it's not our 'job' to attend to folk in hospital, nor find respite for them, nor deal with stressed (often absent) family members who suddenly realise that Mum and/or Dad are not travelling as well as they expected. This created an enormously turbulent time for us and our workers. Home Care Package care co-ordination STOPS when you are in hospital or in respite – many, many times we fill gaps like caring for pets, running clothes into the hospital, checking gardens and other miscellaneous things which crop up – because we love our community and we try to pitch in as much as possible. These are not our responsibility, however – and if a client rejects ambulance treatment then we are not responsible for these outcomes. I hate to say it, but it is your responsibility to engage with your family to deal with these events. It's not that we don't want to, or we don't care or any of the things we are accused of on occasion. Rather, it is not our responsibility and our legal liability stops with care co-ordination of your Home Care Package. With now almost 100 clients on our books, we simply cannot cope with a flood of these issues.

When you arrive at that health/hospital/respite situation, you will need to have an Enduring Power of Attorney in place, so that if things turn bad those facilities need to be able to speak to somebody. It can't be us – unless it's to make plans for resuming services when you return home. It must be somebody you have nominated to speak on your behalf – it should go without saying that this person must be somebody you trust to make decisions (sometimes very hard decisions) about your life.

Could I please ask that your goal for 2025 is to address these three critical issues in your ongoing care as you age:

1. Enduring Power of Attorney
2. Advanced Health Directive
3. Current and up to date Last Will and Testament (this is not critical, but certainly important when your millions are being divvied up, or even your Phantom comic collection, if that's all you have).

I know from my own experience that there is an online EPOA form which is very easy to fill in and have lodged into the right places, as well as safely in your Top Drawer. It simply needs to be filled in by you and your designated EPOAs, witnessed by a JP then put away safely, or lodged with your GP or the Hospital. I will put the information and link elsewhere in this newsletter.

Lesley x