

BELL CARES INC. ... COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL LOCALS CARING FOR LOCALS



All our best wishes for 2023 ...

2022 has given up and 2023 is now upon us. We hope you had some quality family time, rest time and friend time over the break. We've certainly enjoyed our break - soon back to work, refreshed and reinvigorated.

Lesley and Paul are in New Zealand for a few weeks catching up with old friends - we expect lots of photo spam!

Danielle enjoyed her break with family for Christmas. Luke, Danielle and Chelsea are off for a bit of R&R - and beach time - in mid January. More spam, no doubt!

Kate, Lachlan and family enjoyed the fun that only little kids can bring to Christmas.

We look forward to having everybody back on deck by the middle of January. Kate will very ably 'look after the shop' during the time that Lesley and Danielle are away. Please be gentle on her .. we need her to hang around! She will be in charge of the work phone, so any queries should be directed there, rather than to Lesley or Danielle's private numbers.

We will be having our first Morning tea of the New Year at the Bell Bunya Community Centre on Thursday 19 January. No guest speaker, but a good chance for us to catch up on each other's news. Wasn't that a great Christmas Party! Thanks to the team at the Bellview Hotel for putting up with us.



WE RECOGNISE THE CHALLENGES OF COUNTRY LIVING AND ARE COMMITTED TO HELPING LOCALS GET BETTER VALUE CARE. YOUR HOME. YOUR WAY. YOUR CHOICE.



LOCAL CHAMPION

Ange Wetherall

How did we manage before our wonderful Pharmacist, Ange, came into our lives. It's only fitting that we 'out' her first up for 2023. You may not realise it, but we have a steady trickle of falls, wounds, continence issues, nutritional issues and medical appliance advice, within our group. Ange does an absolutely amazing job with all these things, plus she delivers, calls in, checks up and generally is a very valued extra set of eyes in our community.

Ange is now able to invoice directly to Trilogy for products which are available under your Home Care Package. It has the dual benefit of you not having to keep receipts for us to upload and wait for reimbursement, and supports a very local small business.

Please speak to us, and Ange, about how this can work for you.

We love you Ange and thank our lucky stars for your presence in town.

65th BELL SHOW Sat 4 Mar and Sun 5 Mar 2023



Celebrating 65 years Since 1959



Your opportunity to be a gift to our community

BELL SHOW

Sat. March 4 & Sun. 5 March 2023

Todd (Secretary) 0407 321 871

Don (President) 0418 856 526



Can you help us with setting up beforehand? on the day? afterwards?



Where did those 65 years go?

Country Shows are the premier events in many small rural communities, ours included. Let's make a date to reconnect with friends, support our event and just generally have a good time. If you need a ride, please let us know and we'll organise some car pooling.



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Changes to come

Our amazing support workers have been very patient and accommodating on the issue of charging mileage. Basically they haven't been and they generously carry the never ending escalating cost of running their vehicle themselves.

That will change in 2023 and now that Mable gives them the capacity to add mileage to their invoices, we are asking that they do so. It will make no difference to the way your services are provided, but it will add a fair travel charge. It won't make a difference to those of you who receive services in Bell by Bell locals, but it will change for non locals and for longer trips for various appointments and shopping.

It is an ongoing conversation we have with the good folk who provide your services and now, two years into the project, we consider it is only fair that the cost of running a vehicle is included in the cost of providing services.

How we're tracking

- We currently have 85 people in our Care Project.
- 52 are using their Home Care Packages and receiving services in their home.
- 33 people are awaiting their Home Care Package.
- 18 local people are now being employed through the project.
- We are now assisting clients in Dalby, Jandowae and Kaimkillenbun.



Aged Care Quality Standards

There are many changes coming, or already here, regarding provision of services to our elderly. Basically, a lot of the rules which have applied in the past to residential care are now being extended to care at home. Two of the most important are:

SIRS (Serious Incident Reporting Scheme)

and

Aged Care Code of Conduct Acknowledgement

We will be requiring all our workers to sign the Code of Conduct in the very near future.

We will also be very proactive about having to report serious incidents - falls, abuse, psychological or physical trauma, hospital admissions (and discharges), unexplained absences. We know that falls and illnesses happen, without us knowing - sometimes we hear via the grapevine days or weeks later, sometimes we are the first phone call. There is significant liability on us to look after you - and significant responsibility on you to keep us informed. We don't want to know every move you make, but we most definitely need to know if you have a fall/accident or are unwell.

Self management in our arena is about keeping our elderly ageing well and safely at home. We can only do that if we work as a team. We have a wonderful team of support workers, who are also very proactive in letting us know if they are concerned about you and we are grateful for their care.

Otherwise, we think that we have a pretty good track record for compliance with the Code of Conduct - we are always open to feedback if you feel we are lacking in any way or we could do things better.



Standard 1
Consumer dignity and choice



Standard 5
Organisation's service environment



Standard 2
Ongoing assessment and planning with consumers



Standard 6
Feedback and complaints



Standard 3
Personal care and clinical care



Standard 7
Human resources



Standard 4
Services and supports for daily living



Standard 8
Organisational governance



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DATE CLAIMERS

JANUARY 2023

Thurs 19 Jan - 10am

Morning Tea @ Bellview Hotel

Sat 21 Jan - 6pm

Family Twilight Evening

6.00pm

Bell Showgrounds

Jan 14 - 15

Jan 19 - 22

Jan 26-29

Take-away only

Sit in the garden

Pips'n'Cherries
Summer Sessions

Thu 26 Jan - 7am

Bell Bunya Community Centre

Australia Day Celebration

7am-8am Breakfast

8am-9am Awards Ceremony

Live Music

Sun 29 Jan

Bunya Mountain Markets

FEBRUARY 2023

Thurs 2 Feb - 10am

Morning Tea @Pips'n'Cherries

Thurs 16 Feb - 10am

Morning Tea @ Bell Bunya

Community Centre

Guest Speaker to be advised

MARCH 2023

Thurs 2 Mar - 10am

Morning Tea @Pips'n'Cherries

Sat 4 Mar and Sun 5 Mar 2023

65th Annual Bell Show

Thurs 16 Mar - 10am

Morning Tea @Bell Bunya

Community Centre



The last word

I read a wonderful book over the holidays, about The Resilience Project. It's definitely my kinda thing and it reminded me of the art of Finding Happiness through Gratitude, Empathy and Mindfulness (GEM). That isn't news to my Buddhist soul, of course, but it reinforced my ideals of living a GEM life and practicing GEM in all aspects of life. So my wish for Bell Cares in 2023 is to be a GEM kinda project for everyone involved - and keep reminding each other to live a GEM life.

Happy New Year to all our wonderful seniors. We have lots of interesting stuff planned for 2023 - I hope that you'll be up to the excitement!

Lots of things will change for me in 2023 - most importantly I'll be taking up a 'proper job' with Trilogy Care, as Ambassador and Mentor to the multitude of communities who are embracing our Care Project. All the finer details are still to be worked through, but essentially I will be part-time for Bell Cares and part-time for Trilogy Care. Watch this space.

I have a few ideas which I'd like to share with you for 2023. You may or may not know that we actually have a Garden Club in Bell, which has unfortunately fallen into disrepair with time, COVID and people moving/busy/family stuff. It was always a wonderful morning out and I would like to think that those of us who love our gardens would consider restarting it, with Bell Cares folk taking responsibility for breathing new life back into it. Volunteers? Thoughts? Ideas?

We also have a small group who used to meet on Friday monthly called HMHG 4408 (Home Made Home Grown 4408). It was fondly called SWAP and I loved it. It's also fallen into disrepair for the same reasons as the garden club. The nutshell version was that we each came along for morning tea at Pips, we brought 5 items which we had made or grown ourselves, put them all on a table then swapped with other items. There was always a guaranteed sensational haul of goodies to choose from. What do you think about a few of us offering to take it back on? Volunteers? Thoughts? Ideas?

I have also had an idea of an annual Garage Sale. So many of our elders are very keen to declutter but have nowhere to put stuff and no capacity to get rid of it. It's a very real problem. We now have some excellent garden guys/girls who could pick it up and deliver for us. I have a couple of sheds (!!! - don't tell my husband) where I could store stuff until a set date - let's set a date soon - and then we could have a sale, with proceeds going to Bell Cares. A fund raiser. So if you would otherwise have given stuff away, or taken it to the Op Shop - then we could take it off your hands - but if you want money for it, you'll have to sort that out for yourself. Anything left over would go into town to an Op Shop. We would just use the pavement out front of our shops - lots of coverage - and we could even add in a plant/bake/produce stall for those of you would like to provide support in that manner. What do you think? Volunteers? Ideas? Thoughts?

Lesley 

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Pips'n'Cherries
 SPECIAL SUMMER HOURS

Summer Session

Open: 9am - 1pm
 January
 14th - 15th
 19th - 22nd
 26th - 29th

Our usual dine in hours will commence again January 31st.

Takeaway food and coffee

Our dear friend Lyn, from Aged Care Solved, has put the pressure on me with her 2023 Goal list. I think that it's so important for us to do these - I'm taking these Goals up for myself!



Why don't you make these your goals as well for this year!