

## COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

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

2024 is off to a flying start! It seems as though I've only just finished the last newsletter and another one is due. I don't know about you, but I will be very happy to see the end of summer this year. My pumpkins are suddenly going crazy and my backyard looks like a pumpkin factory at present. Plenty for winter, of course!

Paul and I celebrated our 50th wedding anniversary at the end of February – that is a seriously scary milestone and yes, I was definitely a teenage bride! I am so very grateful for the support of a wonderful partner through this life – it wouldn't be half as much fun without Paul!

It's been a busy start for our ever expanding communities. I recently visited the good folk of Woodenbong to get them started. They are taking up the project as an initiative of their Progress Association. What a fantastic thing for a community to support. I expect great things from them. Texas is well and truly up and running, with a great care co-ordinator at the helm. We have two new communities starting up in Tasmania – I hope to get a trip down there this year! We've also been speaking to Mallacoota and I'll be visiting them end of May, when I'm in Melbourne to speak at another conference. Mallacoota was the town so terribly traumatised by fires a few years ago – how can we ever forget those photos of people huddled on the beach while the landscape burned behind them. I can't wait to meet them.

I'm also heading out to liaise with a group of VERY far western communities – Ilfracombe, Aramac, Barcaldine, Jericho, Alpha – who are forming co-ops to support their town services. It's a fantastic initiative and they want to include the Our Town Cares project into their planning. I've never been out to that country, so we'll take the caravan and make a trip of it for a week. I'm really looking forward to it.

We will be having an information stall at FarmFest this year – that will be very exciting. So if you are there, come and say hello. FarmFest expects in the vicinity of 100,000 people through in the 3 days, the majority of them from rural communities across the country. The perfect spot for us to be talking to people. I'll definitely need my comfy shoes on for those 3 days.

We had an excellent information day at the Dalby Bowls Club to tell the Dalby folk about our move into town. We will be taking office space in Dalby on Tuesdays at the Hub Co-Work centre. If you know anyone who would like to chat to us about a better way to manage their Home Care Package, please suggest they call us to make an appointment to talk to us on a Tuesday in Dalby. Appointments will definitely be necessary.

*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](mailto:info@bellcares.com.au)

[www.bellcares.com.au](http://www.bellcares.com.au)



Find us on 

### In this Edition:

- Bell Cares Update & News
- How We're Tracking
- Bell Cares Staff Changes
- Bell Care's Date Claimers
- Community Information and Events
- Dalby Community Consultation
- Easter - Find A Word Puzzle
- Simple and Tasty Recipes

# How we're tracking

103 **People in our Care  
Project**

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

35 **Local people employed  
through the project**

## Bell Cares Staff Changes

Our Bell Cares team is changing as Kate has now left Bell Cares to take up another opportunity and we would like to wish her well with her new endeavours.

We are pleased to welcome Melissa Murray to our team as our new Clinical Care Coordinator.

Mel is already part of our Bell Cares family providing Support Services to some of our local clients.

Please join us in welcoming Mel to the team and we ask that you are patient while she learns the ropes.



## DALBY COMMUNITY CONSULTATION SESSIONS

The Bell Cares Team, Lesley, Danielle and Bec partnered with David from Trilogy Care and Mable Team Members, Brad and Linda to host a Community Consultation and Information Sessions in Dalby on the 27th February 2024.

We were delighted that over 50 persons attended the multiple sessions to learn about Home Care Packages and how to become Support Workers using the Mable Platform.

Attendees were able to learn how to navigate the My Aged Care maze with additional information and assistance from Jill Cuddihy and Meg Chandler from Community Health. And most importantly how Bell Cares can assist people with Home Care Packages to live independently in their own homes longer.

Special thanks to our Bell Cares Ambassadors, Gwen, June, Doug, Dick and Tom who came along to help answer questions and give, first hand examples of their experiences and support from Bell Cares.

If you would like more information on how Bell Cares can support you with your Home Care Package, please contact our office today on 0746631333.



## DALBY OFFICE NOW OPEN

Bell Cares Inc is excited to announce that now have an office space in Dalby. We have hired office space (office 1) at HUB CoWork, located in Stuart Street. Please note services from the Dalby office will be appointment only, every Tuesday. Please call the Bell Cares office on 0746631333 to make an appointment.



CALL



### Calling all My Aged Care Home Care Package Recipients

- ✓ Are you looking for a new provider?
- ✓ Are you unhappy with your current provider?
- ✓ Do you want local support?
- ✓ Do you want to get the most out of your package?

Better  
Value  
Care

Your  
Home

Your  
Way

Your  
Choice



**BELL CARES**  
INC

Phone: 07 46631333  
info@bellcares.com.au  
www.bellcares.com.au

The Bell Cares team are here to help!  
We provide Care Coordination services to the  
Bell, Dalby and surrounding areas. Contact us  
today for more information.

NOW

## DALBY MORNING TEAS

Bell Cares will now be hosting Morning Teas in Dalby once a month on the second Tuesday. We have secured a new venue at the Dalby Senior Citizens Hall, located at the Corner of Condamine & Roche Streets, Dalby. Morning Tea is \$10 per person. Please take note of our Date Claimers for any guest speakers or special activities.



### Bell Cares Client Reminders:

- If you need an Allied Health Service that you would like to use your Home Care Package for such as Podiatry, Physiotherapy, Myotherapy or other service you will need a letter of recommendation from your GP prior to commencing the service.
- For clients needing additional support services, such as Personal Care, Social Support and Outings, Transport, Domestic Services, Yard Maintenance or other services, please ensure that you contact the Bell Cares office to coordinate these services for you, please do not organise these services directly with support workers.

### SUPPORT WORKER PROFILE

#### Donna Nixon

Donna has recently moved to Bell with her husband Jim and joined the Bell Cares & Mable Teams in February this year becoming another local supporting locals. With a special interest in support work, Donna has quickly become a client favourite, priding herself on being honest, punctual, caring, and hard-working. Away from work, Donna enjoys gardening and cooking.



Remember, you don't need to have a  
Home Care Package to come along to our events, the  
more the merrier!

## BELL CARES DATE CLAIMERS

### MARCH 2024

Thurs 7 Mar - 10:00am

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

Tues 12 Mar - 10:00am  
*Morning Tea & Guest Speaker*  
*Jennifer Whitehurst,*  
*Hearing Australia*

at Dalby Senior Citizens Hall  
Cnr Condamine & Roche Sts, Dalby

Thurs 21 Mar - 10:00am  
*Morning Tea & Guest Speaker:*  
*Stacey Edwards,*  
*Wellways Carer Gateway*  
at Bell Bunya Community Centre  
71 Maxwell Street, Bell

### APRIL 2024

Thurs 4 April - 10:00am

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

Tues 9 April - 10:00am  
*Morning Tea & Guest Speaker*  
*Jill Cuddihy, Community Health*  
at Dalby Senior Citizens Hall  
Cnr Condamine & Roche Sts, Dalby

Thurs 18 Apr - 10:00am  
*Morning Tea*  
at Bell Bunya Community Centre  
71 Maxwell Street, Bell

### MAY 2024

Thurs 2 May - 10:00am

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

Tues 14 May - 10:00am  
*Morning Tea*  
at Dalby Senior Citizens Hall  
Cnr Condamine & Roche Sts, Dalby

Thurs 16 May - 10:00am  
*Morning Tea & Guest Speaker*  
*Are You Bugged Mate?*  
at Bell Bunya Community Centre  
71 Maxwell Street, Bell

Simple & Tasty  
Recipes



**ANZAC BISCUITS**

As Aussies, you'd be hard-pressed to find a biscuit more nationally celebrated than the Anzac biscuit. Jam-packed full of rolled oats, shredded coconut and sweet golden syrup, it seems like most people have their own version of how an Anzac bickie should taste.

Enjoy this Anzac biscuits recipe on Anzac Day, or any day of the year really.

Makes: 26 Biscuits

**Ingredients:**

- 125 grams (4oz) butter, chopped
- 2 tablespoons golden syrup or treacle (see tips)
- 1/2 teaspoon bicarbonate of soda (baking soda)
- 2 tablespoons boiling water
- 1 cup (90g) rolled oats (see tips)
- 1 cup (150g) plain (all-purpose) flour
- 1 cup (220g) firmly packed brown sugar
- 3/4 cup (60g) desiccated coconut

**Method:**

1. Preheat oven to 180°C. Grease two large oven trays; line with baking paper.
2. Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then remaining ingredients.
3. Roll level tablespoons of mixture into balls; place 5cm (2in) apart on lined trays, then flatten slightly.
4. Bake for 12 minutes or until golden. Cool biscuits on trays.

**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 0474 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](mailto:mel@northsouthpodiatry.com.au)

all available at the

Bell Bunya Community Centre



Improve your **COMPUTER LITERACY**  
with George Kosior

**NEXT DATES**  
Monday 8th April  
Tuesday 9th April  
9AM

\$22 includes a coffee and scone

**BASIC COMPUTING FOR SENIORS**

[bellbunya.com.au](mailto:bellbunya.com.au)  
Lot 71 Cnr Maxwell & Wallace Streets Bell QLD 4408 07-4663 1087

**IPHONE PHOTOGRAPHY WORKSHOP**

Discover the array of tools, features, and functionality of iPad and iPhone photography.

Thursday 14 March  
Bell Library 10am  
Dalby Library 2pm

Book Online [WESTERNDOWNSLIBRARIES.COM](http://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.

**Bird Watching**  
with Lesley Seton Group

meets the third Friday of each month

0427 631 080

Anzac Day  
25 April 2024  
Lest We Forget

**Word Search Puzzle**

- EASTER
- BUNNY
- MARCH
- BASKET
- EGGS
- GOOD FRIDAY
- CHOCOLATE
- HUNT
- CELEBRATION
- BONNET
- CHICK
- HOTCROSS BUN



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