

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

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

What has happened to 2024 – one minute we're wondering what happened to 2023, then here we are almost to Christmas 2024. I must say I do find it a tad weird that the shops are full of Halloween stuff, with the Christmas stuff ready behind the wings to pop out onto the shelves any minute now! Is it age, or is it just that time seems to run down as we age?

As you know, Paul and I have just had 2 weeks taking the Our Town Cares project to communities through the New England. It was the first time that Trilogy has done a roadshow and there were certainly a few teething issues – venues where we had a full house and venues where it was just us. It's definitely a plan for 2025, so we're working on a process. One thing is for sure, the communities in the New England suffer just as much from lack of services as does any rural town in the country – it's very depressing how wide spread it is, with almost 1,000 traditional providers supposedly providing services across the country. No, Nup and Nope – doesn't happen. Hopefully we will be able to engage some of these communities to start up and care for their elders at home, in their town. I am already going back to visit a place called Clarence Town – in the Upper Hunter – and only an hour out of Newcastle. Yet still, they have virtually no support services in their town. I'm looking forward to this new phase during 2025/2026 – and to visiting new communities.

One important thing happened last week – I was seriously scammed because I did the UNTHINKABLE and clicked on a link in a text message. I was distracted and got caught out. The amazing thing is that I had a phone call from Services Australia within half an hour, advising me of suspicious activity. Within that time, the scammers had gotten into my Centrelink account, changed my banking details, made an application for a \$1,000 loan (which would of course have gone into the new bank account) and set up the payment schedule (which I would have had to pay). They had also gotten access to my ATO account, changing bank details there so any tax refund would go to them. I was very shocked by the whole event, not to mention the painful hours spent clearing it up! So a cautionary tale – DON'T OPEN UNSOLICITED LINKS – mine sent me to a fake MyGov page, which looked perfectly legit to me – of course it did, I was totally unsuspecting! I am very grateful that Services Australia was on top of the game – but isn't it sad that our taxpayer dollars are now at work with entire departments dedicated to online fraud! Lesson learned for this little black duck 🦆

I was also pretty excited to see that the WDRC is now having monthly open air cinemas in Mary's Place. It's a great initiative and hopefully will be not all children's movies. More on that next time.

It seems way too early to wish you all a very happy and safe Christmas – but indeed it is time. From Paul and I, we hope you have some lovely time with your family and friends. If you don't have anybody nearby – why not take the initiative and invite some people to your place for lunch. No point spending the day at home and lonely – when plenty of people are in the same boat and would love company. Happy Christmas and a bountiful 2025 to you all. Please make sure you acquaint yourself with our closing times over the break – our staff all need proper down time – and let us know in advance of your movements, so we can be sure all our clients and staff are properly cared for during this time.

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



Lesley Bryce
President
& Founder



Danielle Bryce
Office Manager
& Care Coordinator



Bettina Galagher
Care Coordinator



Rebecca Pope
Accounts &
Administration

In this Edition:

- Bell Cares Update & News
- Trilogy Care Updates
- How We're Tracking
- Think FAST - Stroke Awareness
- Office Closure Details
- Date Claimers
- Community Info and Events
- Quick & Easy Recipe
- Word Search Puzzle

How we're tracking

103 People in our Care Project

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

40 Local people employed through the project



Think F.A.S.T Stroke Awareness

Did you know that Stroke is one of the biggest killers in Australia.

The good news is that we have effective treatments for stroke, but time determines how much you will recover – the faster you get emergency treatment, the better your chances of surviving and recovering well.

Know the signs and think FAST.

F. Facial droop
A. inability to lift your Arms
S. slurred Speech
T. Time is critical.

When any of these signs happen, call an ambulance immediately!

Find us on 



Support at Home -

What does it mean for aged care recipients?

The Home Care Package program will be replaced by the Support at Home program from 1 July 2025. As part of the aged care reforms, all Home Care Package recipients will be transitioned to this new system. The Support at Home program has been developed to enable more funding, provide a higher quality of care, and improve the overall system as Australia's population continues to age.

No Worse Off Principle - To ensure all Home Care Package recipients continue to receive the funding they need, the "No worse off" principle has been introduced. This ensures that your funding will not be reduced during the transition to the new system.

Moving to Support at Home - The introduction of the Support at Home program allows individuals with a Home Care Package to maintain their funding level and keep any unspent funds. This ensures that no care recipient will lose the care they need under the new system. The "No worse off principle" will apply to contributions arrangements for people who, as of 12 September 2024, were either receiving a Home Care Package, on the National Priority System, or assessed as eligible for a package. These participants will not face higher contributions compared to what they would have paid under the Home Care Package arrangements.

What else is changing?

The Support at Home system is being reformed to improve the delivery of care and funding.

Some key changes include:

- Faster access to funding, reducing waiting times
- Expanded classification system, now with ten categories, providing more funding options for care recipients
- Defined services list, offering greater transparency about what the Support at Home program covers
- Capped price system to prevent aged care recipients from being overcharged, allowing more care hours and assistance

Independence at home - The Support at Home system places a strong emphasis on independence. Participants will have immediate access to assistive technology and home modifications through the new Assistive Technology and Home Modifications (AT-HM) Scheme. This separate funding scheme means that care recipients no longer need to save their package funds for these supports.

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

The AT-HM scheme will cover prescriptions, item purchases, delivery, and installation. Additionally, extra funding is available for restorative care and end-of-life care, with up to \$25,000 provided over a 12-week period, as needed.

What are the fees?

Contributions in the Support at Home system differ from the Home Care Package. The new program is designed to help keep people at home and out of hospital. Services are divided into three categories: clinical care, independence, and everyday living. Clinical care (e.g., nursing and physiotherapy): Fully funded by the government across the aged care system to help keep care recipients healthy and active. Independence services (e.g., personal care): Moderately funded, reflecting their importance in maintaining independence. Everyday living services (e.g., cleaning and gardening): Attract higher contribution rates, as these are not typically covered by government funding. Fees will depend on your funding level and personal circumstances (whether you are a full pensioner, part pensioner, or self-funded retiree). However, under the no worse off principle, current Home Care Package recipients will not pay more when they move to the Support at Home program.

When do the changes take effect?

The Support at Home system will take effect from 1 July 2025. This allows time for care recipients, carers, service providers, and My Aged Care to prepare for the transition. While the system is changing, it is expected that recipients will receive more comprehensive, high-quality care under Support at Home.

These reforms aim to enhance the level of support available to you at home. For more information, visit the Department of Health's website <https://www.health.gov.au/our-work/support-at-home/features> or sign up for the online webinar.

Bell Cares Christmas Office Closure

With time moving so quickly this year, we would like to give advanced notice of our planned end of year office closure.

**The Bell Cares office will be closed for 2 weeks from
Wednesday, 23 December 2024 and
will reopen on Monday, 6 January 2025.**

We will have skeleton staff working reduced hours during the closure for urgent matters and accounts processing.

Please contact our office 07 4663 1333 in the coming weeks to ensure that your support needs can be organised before the festive season office closure.

From the Bell Cares Team, we would like to wish you
a very Merry Christmas and we hope you
enjoy the festive season!



BELL CARES DATE CLAIMERS

NOVEMBER 2024

Tues 5 Nov - 12:00pm

***Melbourne Cup
Luncheon***

at Bell Bowls Club
Wallace Street, Bell

Buffet Lunch

\$25 per person

Thurs 21 Nov - 10:00am

Social Morning Tea

at Bell Bunya Community
Centre

71 Maxwell Street, Bell

DECEMBER 2024

Thurs 5 Dec - 10:00am

Social Morning Tea

at Pips'N'Cherries
15 Ensor Street, Bell

JANUARY 2025

PUB LUNCH

Thurs 23 January

12:00pm

at The Bun Hotel
Kaimkillenbun

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

YOUR HOME - YOUR WAY - YOUR CHOICE

Quick & Easy Recipes



GINGERBREAD BISCUITS

- **Pre Time: 20 mins**
- **Cook time: 10 mins**

Ingredients:

Gingerbread

- 125g butter
- 1/2 cup brown sugar
- 1 egg yolk
- 2 1/2 cups plain flour
- 1 teaspoon bicarb soda
- 3 teaspoon ground ginger
- 1/2 cup golden syrup

Royal Icing

- 1 egg white
- 1 1/2 cups pure icing sugar
- food colourings

Method:

1. Beat butter, sugar and yolk in small bowl with electric mixer until smooth. Stir in sifted dry ingredients and golden syrup; mix to a soft dough and knead gently on a lightly floured surface until smooth.
2. Roll dough between sheets of baking paper until 3 mm thick; use cutters to cut shapes, place gingerbread shapes about 3 cm apart on greased oven trays.
3. Bake in a moderate oven until lightly browned. Cool on trays.
4. To make icing, beat egg white in a small bowl with an electric mixer until frothy and gradually beat in enough sifted icing sugar to give a mixture of piping consistency. Colour as desired.
5. Spoon icing into piping bag fitted with a small plain tube and decorate shapes as desired.

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



4 JANUARY 2025

BELL RACES

5 RACE PROGRAM
FASHIONS ON THE FIELD | TRACKSIDE MARQUEE
LIVE MUSIC BY DJ JOHNNY MAC
BUS TRANSPORT FROM DALBY, JANDOWAE & WARRA
FOOTRACE | ONSITE CAMPING
QCL'S BUSH BACHELOR & BACHELORETTE COMPETITION

ENTRY \$20 EACH (16YRS & UNDER FREE)
Tickets @ www.trybooking.com/CVOOW




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.

Cost: FREE

- **Saturday, 23 November 2024**
- **7:00 PM - 9:00 PM**
- **Saturday, 21 December 2024**
- **7:30 PM - 9:30 PM**
- **Saturday, 25 January 2025**
- **7:30 PM - 9:30 PM**

Mary's Place, 124 Cunningham Street, Dalby, 4405



Annual Moo & Brew Festival

the 2nd Weekend each November



Festive Word Search

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