

Senior Matters

EDITION # 25

NOV 25 - JAN 26

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS
OF BELL AND DALBY DISTRICTS

It's been a very big month or so here at Bell Cares. Not least, because we took Stan the Van for our first outing. 12 of us enjoyed a trip to the Empire Theatre to watch a lovely musical matinee - "Wonder: A Tribute to the One Hit Wonders of the music world".

We had a fabulous lunch at the Meringandan Hotel - the meal sizes were off the scale but food was great. One of our incredibly generous clients decided that rather than have a birthday party for his 80th, he'd shout all of us to lunch. A lovely surprise and much appreciated. Thank you so much, Anonymous Guy 😊

We are most definitely now into the pointy end of the new Aged Care Act. We apologise that we don't have all your answers, that things are seeming to be very random - but honestly, just trust us and it will all come clear in the end. We wish we could answer everything, but even Trilogy doesn't have all the answers at present. We'll get there eventually, so your patience is very much appreciated.



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: 4663 1333

Email: info@bellcares.com.au

www.bellcares.com.au



Lesley Bryce
President
& Founder



Danielle Bryce
Office Manager



Olivia Englebrecht
Care Coordinator



Ashlee Taylor
Care Coordinator

In this Edition:

- PG 1 - Wonder The Musical
- PG 2 - How We're Tracking
- PG 2 - Community Info & Events
- PG 3 - Bell Cares Date Claimers
- PG 3 - New S@H Language
- PG 3 - Recipe
- PG 4 - Support at Home Update
- PG 5 - Christmas lunch
- PG 5 - Office Closures & Trivia
- PG 6 - 7 - Upcoming Bus Trips
- PG 8 - Birthdays
- PG 8 - The Last Word

YOUR HOME - YOUR WAY - YOUR CHOICE

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS
OF BELL AND DALBY DISTRICTS

How we're tracking

98

People receiving Co-ordination & in-home support

47

Local people employed through the project

KADI LILLIS THE RURAL MYOTHERAPIST

WHERE TO FIND US!

DALBY:
TUESDAY & FRIDAY
Dalby Health Foods Store
123 Cunningham St
Dalby, 4405

BELL:
MONDAY & THURSDAY
Bell Bunya Community Centre
71 Maxwell St
Bell, 4408

WWW.THERURALMYO.COM.AU

WEEKLY MAHJONG

EVERY THURSDAY & FRIDAY
1:00pm – 3:00pm
BELL RSL

Come along and enjoy a relaxing afternoon of Mahjong — all skill levels welcome!

Kindly supported by
Western Downs Regional Council

For more information, contact Leny Gaffney on 0467 231 346

Find us on 

To keep up-to-date on upcoming events, follow us on Facebook or email us at accounts@bellcares.com.au to be added to our email list.



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 at 4pm, Tuesday, 23 December 2025 and will reopen on Monday, 5 January 2026.

We will have skeleton staff working reduced hours during the closure for urgent matters only.

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.

Many of our workers take time off with their families over Christmas. Many of our clients go to spend Christmas with their families as well. It's important to remember that cancelled shifts without prior notice will incur the full fee, so please be sure to let your workers know if you're going to be away.



Kick off the new year in true country style at the Bell Races, a much-loved annual tradition on the Western Downs. Held on Saturday, 3 January 2026, this iconic race meet blends the thrill of live horse racing with the relaxed, welcoming atmosphere that only a country town can offer.



The
BUN HOTEL
EST 1911

Annual Moo & Brew Festival

the 2nd Weekend each November

4th Annual Moo & Brew Festival on the weekend of 8th November, 2025 at the Iconic Bun Hotel, Kaimkillenbun.

Purchase tickets via www.eventbrite.com.au

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OLD TERM (Home Care Package)	NEW TERM (Support at Home)	EXPLANATION
Home Care Package (HCP)	Support at Home Program	A more flexible, inclusive program for in-home aged care services
Level 1-4 HCP	Individualised Support Plans	Support based on personal need rather than set levels
Approved Provider	Service Provider	Any organisation delivering care services
Consumer Directed Care	Person Centred Support	Focus on personal goals and choice in care planning.
Package Funds	Individual Budget	Transparent and flexible funding for care services
Care Management	Support Planning/Care	Collaborative support planning approach
My Aged Care Portal	Enhanced My Aged Care	Improved access to manage and review services.

Healthy Spinach and Mushroom Omelette

Ingredients

- 2 eggs, yolks and whites separated
- 1 tbs reduced-fat milk
- olive or canola oil spray
- 4 button mushrooms, sliced
- 1/2 cup baby spinach leaves
- 1 tbs reduced-fat cheddar cheese, grated
- 1 tbs chives, chopped
- pepper, to taste



Method

1. Place the egg yolks in a medium bowl. Add the milk and mix well.
2. In a separate bowl, whisk the egg whites until soft meringue-like peaks are formed. Gently fold egg whites into the egg yolk mixture and set aside.
3. Spray a small non-stick frying pan with oil and place over medium heat. Add mushrooms and cook on medium heat for 3 minutes until softened. Add baby spinach and cook for a further minute until wilted. Remove from pan and wipe pan clean.
4. Spray pan again and return to medium heat. Pour in the egg mixture and cook for 2-3 minutes or until surface is nearly firm. Sprinkle the cheese, mushrooms, spinach and pepper over half the omelette, then fold over the other side to enclose the filling. Garnish with the chopped chives.

BELL CARES DATE CLAIMERS

NOVEMBER 2025

Thurs, 6th Nov 2025 - 10am

Social Morning Tea

Pips 'n' Cherries

Followed by a bus trip to view the latest work at Wambo Wind Farm. RSVP ASAP

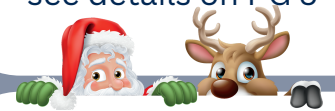


Thurs, 20th Nov 2025

Bell Cares Christmas Party

Dalby Leagues Club

****see details on PG 5****



DECEMBER 2025

Thurs, 4th Dec 2025 - 10am

Social Morning Tea

at Pips'N'Cherries

15 Ensor Street, Bell



Sat, 13th Dec 2025 - 4-7pm

Aussie Bush Christmas

(bus trip)

Lake Broadwater

****see details on PG 6****



JANUARY 2026

Unfortunately, no morning tea in January.



Keep your eyes on our Facebook page for details of our first Morning Tea in February, 2026.



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Support at Home Update

The new S@H programme is now underway. Our team is actively engaging with Trilogy Cares webinars, to ensure we stay well-informed and prepared for the changes ahead.

We understand that change can raise questions, and we are here to guide you through this transition with clarity and care. This will give you the opportunity to ask questions or seek assistance with the required documentation. If you need more assistance, we would ask that you please make an appointment to come and see us. We have almost 100 clients all wanting our time and we can only manage that with a bit of scheduling!

We had a fantastic turnout of over 80 people to our recent 'Lets Ask Trilogy' session. Apart from the odd little hiccup of information being not quite on the mark - it was a useful and informative session and lots of good questions asked.

We also had a session for our workforce at the Dalby Leagues Club. The invoicing is going to be quite different, but this is to meet the criteria which the government has set for this. As in so many of the moving parts in this transition, it feels clunky and cumbersome, but we live in hope that things will settle into some sort of order after 1 November.

PLEASE NOTE THAT WE WILL NOT BE ONBOARDING NEW CLIENTS FROM 15.12.25 TO 15.01.26



Still Waiting for Your Government-Funded Support at Home Package?

If you've been approved for a Support at Home (SaH) funding but are still waiting for it to be assigned, now is the time to act.

With the new Support at Home program starting on 1st November 2025, many changes are coming and waiting until the last minute may cause unnecessary stress or delays.

At Bell Cares, we're here to help you:

- ✓ Get prepared early for the upcoming changes
- ✓ Understand your options and what they mean for your care
- ✓ Start onboarding now, even while you're still on the waitlist
- ✓ Avoid the November rush by getting ahead of the transition

We know this can be a confusing time, and we're committed to helping you navigate the process with confidence and care.

 Contact our team today to see how we can support you while you wait for your Support at Home funding to be assigned - 4663 1333

Get ready to jingle and mingle!

Christmas PARTY

Join us for another fabulous lunch with friends, to finish 2025 in style!

Let's celebrate the magic of the season together!

Please invite family or friends to join us on the day.

THURS 20TH NOV 2025

at 12 midday

DALBY LEAGUES CLUB

Orpen Street, Dalby

RSVP by Thurs 13 Nov 25

Pre-ordering and paying is much appreciated

Menu

Lunch Specials

all \$15

Monday - Friday only
(11.30am to 2.30pm)

CHICKEN SCHNITZEL

Golden crumbed chicken, cooked until crisp and juicy, served with chips and salad or mash and seasonal vegetables.

RUMP 200G

Served with chips and salad or mash and vegetables
GF DFA

BATTERED FLATHEAD

Served with chips and salad or mash and vegetables

ROAST OF THE DAY

A hearty classic, served with seasonal vegetables and gravy.

(Ask our team what's roasting today)

Let's join in the Secret Santa fun
buy (or make) a small gift - no more than \$10, suit male or female - and wrap to put under our tree.

We're Wrapping Up FOR CHRISTMAS

CLOSING:
THURS 19 DEC 2025

RE-OPENING:
MONDAY 5 JAN 2026

See you next year!

Please note that emails and voicemails will only be checked intermittently during this time.

DEMENTIA-FRIENDLY Christmas Activity COUNTDOWN

- | | | | | |
|--|---------------------------------------|---|----------------------------------|-----------------------------|
| 1 Send Christmas cards | 2 Decorate a holiday Wreath | 3 Hang mistletoe | 4 String popcorn and cranberries | 5 Decorate a Christmas tree |
| 6 Make and drink gourmet hot chocolate | 7 Work a holiday jigsaw puzzle | 8 Solve a holiday crossword puzzle | 9 Go see Christmas lights | 10 Watch Christmas movies |
| 11 Wear Christmas socks | 12 Bake holiday goodies for neighbors | 13 Play the Christmas Carol Matching Game | 14 Do a random act of kindness | 15 Make handmade gifts |
| 16 Color Christmas coloring pages | 17 Wrap gifts | 18 Reminisce about past Christmases | 19 Make homemade ornaments | 20 Bake Christmas cookies |
| 21 Work a Christmas Word Search | 22 Listen to Christmas music | 23 Take a family photo | 24 Fill the stockings | 25 Merry Christmas |

Bus Trips

We are very keen to see Stan the Van on the road regularly. Below is a start of a few events over the holiday period.

- The bus only seats 10, so it will be first in best dressed.
- Please check in with your Care Coordinator, to make sure the trip will fit into your budget.
- Once you have confirmed your seat, your package will be billed for the event.

Thurs 6 Nov 2025

Wambo Windfarm Tour

Following our regular morning tea, we will be hopping on the bus (or into several cars) for a guided tour of the new Wambo Windfarm - approx 2 hours for tour. ****Free Event****

RSVP by 30.10.25



Thurs 20 Nov 2025

Bell Cares Christmas Party

Join us at the Dalby Leagues Club for another great social outing. Lunch from 12 noon. Pre-orders & payment preferred for smooth ****See PG 5 for details****

RSVP by 13.11.25



Sat 13 Dec 2025

Aussie Bush Christmas

WDRC is holding a Christmas event at Lake Broadwater. 4pm - 7pm

Cost: \$50 pp

RSVP BY 08.12.25



Bus Trips

PLEASE LET US KNOW IF YOU WOULD LIKE TO JOIN ANY OF THESE OUTINGS.

PN. Depending on movie time, we will stop for morning tea or lunch at your cost.



✦ **Thurs 18 Dec 2025**

Bus Trip - Movies @ Chinchilla

Avatar - Fire & Ash

Jake and Neytiri's family grapples with grief after Neteyam's death, encountering a new, aggressive Na'vi tribe, the Ash People, who are led by the fiery Varang, as the conflict on Pandora escalates and a new moral focus emerges.

Cost: \$90 (inc seat in bus & movie ticket)

RSVP by 11.12.25 ✦



✦ **THURS 15 JAN 2026**

Bus Trip - Movies @ Chinchilla

Song Sung Blue

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

Cost: \$90 (inc seat in bus & movie ticket)

RSVP by 08.01.26 ✦



✦ **Thurs 12 Feb 2026**

Bus Trip - Movies @ Chinchilla

Wuthering Heights

A passionate and tumultuous love story set against the backdrop of the Yorkshire moors, exploring the intense and destructive relationship between Heathcliff and Catherine.

Cost: \$90 (inc seat in Bus & movie ticket)

RSVP by 05.02.26 ✦



COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

HAPPY

BIRTHDAY

November

Paul B
Phyllis A
Coral B
Lee-anne B
Jim B
Shirley G
Joan H
Jean P
Anne P
Val V
Doug W

December

Doug A
Janice b
Marilyn C
Ronnie C
Desley D
Gwen D
Joan E
Vern J
Bev M
John M
Tom S
Coral W

January

Jenny C
Terry J
Bernice S
Bill S



The Last Word ...

It's hard to believe another year is ending – and what a big one it's been for us at Bell Cares Inc.! The new Aged Care legislation has arrived, and as of 1 November, our landscape has officially changed. I'm hopeful it won't be as daunting as expected – we've adapted before, and I know we'll make this work too.

In early October, we took our first trip in Stan the Van to the Empire Theatre in Toowoomba, taking the scenic route via Quinalow and stopping at the Meringandan Pub for a fantastic lunch – generously shouted by one of our clients for his birthday! Thank you Mr Anonymous! 😊 Have a look elsewhere in this Newsletter to see other upcoming events. The bus seats 10, so it will be first in, best dressed. Don't miss out!

With the new Support@Home program coming, it's been all hands on deck. Thank you for your patience and good humour as we find our way through the changes. Our Trilogy Day on 16 October was a highlight – the turnout was amazing, and the room was buzzing with great questions and information. Here's to navigating the new system together – and becoming experts in no time!

We have continued to lose a few more of our dear clients – Neville Goodmanson and John Campbell both passed away on the same day – we are very sad to have lost them and pass on our love to their families.

Farewell to Our Dear Friend, Joyce Beckwith

We were deeply saddened by the passing of our dear friend, Joyce Beckwith, Stan Kellett's "baby sister" and a long-time supporter of Bell Cares. Joyce and her husband Bill made a generous \$30,000 donation to our bus fund, helping us, with Wambo Windfarm's grant, to buy our bus – affectionately named "Stan The Van" in honour of Stan.

Joyce's kindness and wisdom touched many of us. I'll miss her cheerful calls and gentle guidance – she truly felt like family. Joyce was looking forward to turning 90, a milestone she sadly missed by just two weeks.

We'll miss you, Joyce, and send our love to Bill and your family.

A heartfelt thank you to everyone who continues to support us financially – your generosity means so much, and we hope donations will be tax-deductible next year.

My sincere thanks also to our wonderful office team – Danielle, Olivia, and our newest member Ashlee, who has just joined us – caring women whose compassion and dedication make everything we do possible.



From my family to yours, wishing you a happy and peaceful Christmas and we'll see you bright eyed and bushy-tailed in 2026.

Lesley x

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