

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

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

How are we all finding this silly jump from winter straight into summer – as though spring has been forgotten? Of course, the moment we take the heavy blankets off the beds we have a few brisk mornings and are rattling around again for a blanket – well, that's the drill here at the Bryce's.

After the crazy first half of this year, it's been nice to be back in my community. As numbers grow, we are often looking for a short-notice social support worker, so I am usually it. I'm enjoying getting back to knowing all of you again.

We have had a lot of losses over this last year – friends passing away, or going into care, or moving to live with children. In our industry, they say that we should allow a 10% attrition rate – which we are well and truly above this year. This, of course, is reflected in our numbers but it is also reflected in our Partnership contributions from Trilogy Care as HCPs are cancelled or withdrawn. We do run a very tight ship but when the bottom line is continually eroding then we just have to be more creative. Of course, we do continue to provide the same high level of service as always – numbers will always come back – but some things just have to take second place.

You will know that, after a trial period, we opted not to run an office in Dalby. New clients are happy to be seen at home and Bettina goes into town one day a week, with a list of appointments and visits our Dalby clients. This is working out much better all round and saving us the rent on an office.

We are looking at making changes to our social events in the New Year and we would love to hear your feedback. Unfortunately, the attendance numbers at our regular morning teas are becoming smaller. What do you think? Maybe just once a month morning tea? Do you have any ideas of how we could do it differently? I'm always open to suggestions. I firmly believe the social gatherings are vital to the social cohesion of our community model, we can stay in touch with each other, it gives you an opportunity to ask questions etc.

On a final note, our Burgers and Brews night of the 24th August was a great night for all who came along. Disappointingly, our attendance numbers were smaller than we had hoped, but we did raise some funds. We had some great helpers and a few nice donations and are grateful for the support of our community and those that could attend. As you may know, fundraising events for community groups can be very hard with limited resources and support, so we love to hear of any ideas for future fundraising events.

Other than that, we continue to advocate for our elders, providing a level of excellence of service to continue making the option of ageing at home safe and comfortable for all our clients.

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
- Thank you
- Christmas in July Event Photos
- Bell Care's Date Claimers
- Senior's Spotlight
- Office Closure Details
- Community Info and Events
- Quick & Easy Recipe
- Word Search Puzzle

How we're tracking

101 People in our Care
Project

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

40 Local people employed
through the project

Find us on 

THANK YOU *for your support*

Our recent annual
'Off the Tap'
fundraising event
was a great night!
With support and
generosity from our
community we raised
funds to go towards
helping Bell Cares
Inc.



TRILOGY CARE UPDATE

We would like to inform you that as of the 28th October 2024, major telecommunication providers will be switching off their 3G networks. This change will affect all devices that rely on the 3G network, not just mobile phones.

Please be aware that some Home Care Package (HCP) and Commonwealth Homes Support Programme (CHSP) recipients may still be using 3G-enabled Goods, Equipment, and Assistive Technology (GEAT) devices. This could include personal medical or alert alarms, which are critical for safety and well-being.

To ensure your devices remain operational and unaffected by this change, we strongly recommend that you check if your devices are impacted by visiting the link below:

<https://amta.org.au/3g-closure/>

If you find that your device is reliant on the 3G network, please take the necessary steps to update or replace it before the network shutdown.

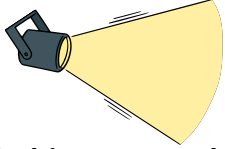
Thank you for your prompt attention to this matter.

Your partner in care, Trilogy Care.



Christmas in July Event *Photos of the Festive Fun!*





Senior's Spotlight Laurie Wheatley

In his own words, Laurie highlights his most recent experience where his Home Care Package was able to support him to live at home independently.

I have my independence back, as a diabetic and one who suffers from neuropathy badly, I found it harder and harder to distinguish when driving the accelerator and the brake. I would not be able to live with myself if I maimed a child or adult or worse killed someone, I decided that driving was not for me and sold my car.

Bell Cares organised an assessment by an Occupational Therapist who recommended me getting a mobility scooter. Once approved by Trilogy Care, Bell Cares liaised with Brian Cooper from Burnett Scooters to be the supplier of the scooter and accessories. On a personal basis I would recommend Brian for his professional attitude and eye towards detail.

So, if you see an old fellow on a red scooter coming towards you head for the hills!



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 23 December 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 months to ensure that your support needs can be organised before the festive season office closure.

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

SEPTEMBER 2024

Thurs 5 Sept - 10:00am

Social Morning Tea

at Pips'N'Cherries
15 Ensor Street, Bell

Thurs 19 Sept - 10:00am

Morning Tea

at Bell Bunya Community Centre
71 Maxwell Street, Bell

OCTOBER 2024

Thurs 3 Oct - 10:00am

Social Morning Tea

at Pips'N'Cherries
15 Ensor Street, Bell

Thurs 17 Oct - 12:00pm

Pub Lunch

at Winsor Hotel, Patrick Street,
Dalby

Pub Lunch

Thurs 17 Oct - 12pm

Windsor Hotel

Patrick St, Dalby

\$16 Seniors Menu



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

Quick & Easy Recipes



MOIST ORANGE CAKE

- **Pre Time: 15 mins**
- **Cook time: 40 mins**
- **Services: 8**

Ingredients:

- 150 grams Butter (softened)
- 1 tablespoon Orange Rind (finely grated)
- $\frac{2}{3}$ cup Caster Sugar
- 3 Eggs
- 1 $\frac{1}{2}$ cups Self-Raising Flour
- $\frac{1}{4}$ cup Milk
- $\frac{3}{4}$ cup Icing Sugar
- 1 $\frac{1}{2}$ tablespoons Orange Juice
- 1 tablespoon Desiccated Coconut (Optional)

Method:

1. Preheat oven to 180°C (160°C fan-forced). and grease a 20cm-round deep cake pan.
2. In a medium bowl beat butter, rind, caster sugar, eggs, flour and milk with an electric mixer at low speed until just combined. Increase speed to medium, beat about 3 minutes or until mixture is smooth. (Alternatively mix by hand until smooth).
3. Spread mixture into pan. Bake for 40 minutes. Stand cake 5 minutes in the tin, then turn, top-side up onto wire rack to cool.
4. Combine sifted icing sugar and juice in small bowl; spread over cake, sprinkle with optional coconut if desired.

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 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

NIGHT RODEO 12 October 2024



BELL SHOWGROUNDS
www.bellshowandrodeo.com.au

BUNYA MOUNTAINS MARKETS Last Sunday of each Month 9am to 2pm

www.bunyamountains.com



EXPERIENCE THE
BEST OF THE WEST
• JIMBOUR HOUSE •

3rd to 7th October 2024

<https://bigskies.westerndownsqueensland.com.au/>

Farming Career Opportunity Immediate Start Available

- **Schmelzer Farms is looking for staff to work on our irrigated and dryland family farms in the Macalister, Jimbour, Jandowae areas.**
- Be part of a high achieving farming operation with some of Australia's best soils.
- We have 2 ideal positions for people passionate about producing good crops and want secure employment, work with modern machinery, close to good schools, and very comfortable on farm accommodation.
- We grow cotton, wheat, barley, chickpeas, sorghum, and mung beans.
- We have received both Darling Downs and Australian cotton growing awards.
- Support and supervision available as required.
- Work Ute, iPhone, accommodation included in package. Salary package commensurate with experience.
- Ideally you will have a proven track record in agriculture, however all applications are welcome and encouraged.
- **All interested should email grainia22@gmail.com**



Word Search Puzzle

- Sunshine
- Spring
- Flowers
- Fresh
- Blossoms
- Abundant
- Bees
- Butterfly
- Warm
- Colourful
- Green
- Fragrant

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