

# SENIOR MATTERS

April–May 2022

Bell Cares Inc...Community Management to support the seniors of Bell.

For more information phone us on 0472 673 856 or via our website [www.bellcares.com.au](http://www.bellcares.com.au)

## Can you believe we are already in April...another year is flying by!

It's been a busy start to year for us at Bell Cares, with quite a few opportunities to share our journey with other rural communities and as a result are now having regular Zoom meetings with Paul Gabbert from COTA (Council of the Aging) along with co-ordinators from 5 different communities who are starting or have started their own projects to mirror what we're doing here in Bell. It's great to be able to share our tips and ideas with each other, as we know that the aged care system is complex and confusing to navigate!

In February we had David Iliffe from the ABC here with video Journalist, Jon Daly, for two days of interviews and filming for a feature on Landline. It should be aired in the coming weeks, so make sure to watch the ABC, 12.30pm on a Sunday..

Only a few weeks ago Lesley travelled to Charleville for the Annual WQAC (Western Queensland Alliance of Councils) Assembly. A record 204 delegates including leaders from all 22 Western Queensland Councils and senior State and Federal government representatives met in Charleville for the 3 day Assembly. Lesley represented Bell Cares to tell the story of the success of our project here in Bell and was joined by James Whitelaw from Trilogy Care Care and Brad Grieve from Mable. Off the back of this, journalist, Clare Adcock, from Queensland Country Life wrote a fabulous story which was published March, 17th. It's so nice to see that what started as what Lesley calls 'her ratbag idea that came to her in the middle of the night' is now gaining the recognition it deserves.



Onto other amazing news...long time local, Stanley Kellett, turned **100** on March 13th and celebrated with a lunch at the Bell RSL Hall. Stan's sister Joyce and her husband, who have been unable to travel over the past couple of years due to Covid, travelled from Victoria to spend a couple of weeks with Stan and Helen and were able to enjoy the celebrations. Congratulations on this amazing milestone Stan and we wish you every happiness and good health



We recognise the challenges of country living and are committed to helping locals get better value care. Your Home. Your Way. Your Choice.



**A Little  
Gray Hair  
Is A Small  
Price To  
Pay For  
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Accumulated  
Wisdom.**

The Fresh Quotes

## How We're Tracking

- ◆ We currently have **41** people in our Project.
- ◆ **25** are using their Home Care Package and receiving services in their home.
- ◆ **16** are awaiting their Home Care Package.



## FAREWELL TO MUM, MEG, NANNA

My Mum, Meg Houston, passed away on Wednesday 9<sup>th</sup> February. She and I both got our wish – that she could die at home with family at hand.

We buried her and Dad's ashes at the Bell Cemetery on Saturday 26<sup>th</sup> March, which would have been their 69<sup>th</sup> wedding anniversary. It was a wonderful day of family reminisces and great memories of much loved parents, grandparents and great-grandparents. We had a champagne lunch at Pips, which was exactly what she wanted.

Thank you all so very much for the love and friendship you extended to my Mum during her very short time – less than 1 year – living with us in Bell. She always enjoyed the company and was ever ready with some sound advice for me as our aged care project grew.

I'll always be grateful that I had at least that year with her living here, and I think she was quite content with her new, small life in Bell.

Much love, Lesley and Paul

## WHAT IS COMMUNITY SELF-MANAGED HOMECARE & HOW DO I GET INVOLVED?

Here at Bell Cares Inc. we help you navigate the Aged Care system and are there to support you through the process of acquiring a Home Care Package (HCP). From registering with My Aged Care to co-ordinating and managing your HCP, we're there every step of the way.

Older Australians receiving a government funded **Home Care Package** have the option to self-manage their home care and health services with the support of an approved home care package provider. We have partnered with Trilogy Care, who are the service provider and Mable, which is an on-line platform that connects local support workers directly with local seniors.

Unlike traditional providers, our innovative self-management model empowers our seniors to spend less on management fees so they can spend home care funds on the things that matter...better long-term-care and services.

### Employment Opportunity

We are searching for a *Domestic Assistant* to join our team for an immediate start. You will have the flexibility to work the days and hours to suit you. We could offer up to 10 hours a week to start, with a view for more in the coming months. If you or someone you know may be interested, please contact Danielle at Bell Cares Inc. on 0472 673 856 for further information.

### By self-managing with Bell Cares & Trilogy Care you can...

- ◆ Have a local Care Co-ordinator to assist you through-out the process and offer ongoing support as needed,
- ◆ Design your care plan and budget with us to suit your needs,
- ◆ Gain more control of how your funds are spent,
- ◆ Choose support workers you want, when you want them,
- ◆ Go directly to workers rather than using a middle-man,
- ◆ Supporting local employment and an economic future for our town,
- ◆ **Double your care hours without the excessive rates**

If you or someone you know, already have a HCP being serviced by a traditional provider and you're unsatisfied with the service or value, we would be happy to speak with you to discuss your options.



## BELL CARES INC.

### DATE CLAIMERS

#### April, 2022

7th —10am Social Morning Tea @ Pips N Cherries.

21st —Morning Tea @ Bell Community Centre—Guest Speaker Michael Bond from Bond & Co Lawyers. Part 2 of ‘Things to Know Before you Go’

#### May, 2022

5th—10am Social Morning Tea @ Pips N Cherries

19th—10am @ Bell Community Centre—Guest Speaker from Older Persons Advocacy Network—Part 3 of ‘Things to Know before you Go’

#### June, 2022

2nd—10am Social Morning Tea @ Pips N Cherries

16th—10am Morning Tea @ Bell Community Centre—4th Part 4 of our ‘Things to Know Before You Go’

To join our mailing list and be kept up to date with events and information please email us at [bellcares4408@gmail.com](mailto:bellcares4408@gmail.com) or you can follow us on our Facebook page Bell Cares Inc.

## BELL CARES EVENTS

### 3rd Thursday of April, May & June

#### Bell Cares Inc ‘Things to Know Before you Go’, Bell Bunya Community Centre

‘Things to Know Before You Go’ is a series of four information sessions that we’re holding for our morning tea, which are held on the 3rd Thursday of each month at the Bell Bunya Community Centre.

For **Part 1** we invited Scott from Burstows Funerals to talk to us in March, for those that couldn’t make it, we have a few information packs in the office if you’d like to come and pick one up.

**Part 2** is being held on 21st April—we will have Michael Bond from Bond & Co Lawyers and he will discuss all things legal.

**Part 3** is being held on 19th May, where we have arranged for a speaker from the Older Persons Advocacy Network (OPAN) to help us better understand rights in Aged Care and how to navigate the aged care system to support a better care experience.

**Part 4**....Watch this space!! We will confirm who our guest speaker will be in our June/July newsletter.

Anyone can come along to these sessions, you don’t have to be apart of the Bell Cares project. For more information, please phone Danielle 0472 673 856 or follow our Facebook page Bell Cares Inc. to be kept up to date.



#### Staff Profile: Sharon Blanck

Sharon has lived in the Bell community for all of her married life. She has been an active member of the school community, had executive roles in local clubs and helped the show society in various ways. Sharon’s hobbies include photography, sewing and crafting and travel.



We are thrilled to have Sharon as apart of our Bell Cares team. Sharon provides social support, ironing, mending and meal preparation. If you would like to utilise the services Sharon offers, please contact us.

“We have had Sharon doing our ironing and mending for just over a month now and we're so happy. I have a lot of dresses that need ironing and can be fiddley, but Sharon does such a fantastic job and is very quick! ”  
Anonymous.

## EASTER SEAFOOD RUN

If you're wanting to buy seafood for Easter, Westbound Seafoods will be coming to the Bell Tourist Park on Wednesday, 13th April at approx. 3.15pm instead of their normal day of Thursday.



## Shopping Delivered to Your Door!!!

Woolworths are now delivering to Bell, Kaimkillenbun and the Bunya Mountains on a Wednesday and Saturday. If you're unsure how to get started, please come and talk to us and we can help.



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## UPCOMING COMMUNITY EVENTS

### Wednesday & Thursday weekly

### Sun Ok Reid Remedial Massage & Beauty Therapy, Bell Bunya Community Centre

Sun has a real passion to help improve people's health and wellbeing and offers a diverse range of physical therapies and beauty treatments to rejuvenate and strengthen your inner-shine and outer glow. Contact Sun 0425 329 539.



### Thursday weekly, 8am & 9am

### Chair Yoga, Bell Bunya Community Centre

Chair Yoga is re-commencing on a Thursday and Kristina is running two sessions, 8am–9am & 9am–10am. Further details please call Ruth 07 4663 1087, bellbunyacommunitycentre@gmail.com. \$10 PP



### 25th April, 6am

### Commemorating Anzac Day, Dawn Service & Breakfast, Bell

You are invited to honour the services of Australian and New Zealand men and women who have, and continue to, bravely defend our values and freedom as part of this year's ANZAC Day commemorations. Dawn Service, 6am at the Memorial Park, Dennis Street followed by Community Breakfast at the Bell RSL Hall, Ensor Street.



### 8th May

### Mothers Day

Don't forget to celebrate the most important woman in your life! Your Mum! Take her out for breakfast or for lunch, treat her or remember her for everything she's done for you and the amazing woman she is or was.



### 14th May, 9am–2pm

### The Dulcie Mason Vintage Ball Gown Collection, Dalby Uniting Church Hall, 71-73 Condamine St, Dalby

An exhibition of hand-sewn ballgowns owned by the late Dulcie Mason from Acland and made by her friend, professional dressmaker, Thelma Beutel will be displayed to raise funds for Dalby Uniting Church. The dresses span 5 decades from 1940s and show the change in fashion, design and pattern. Tickets can be purchased at the door: Adults \$10 and under 18s \$5. This includes refreshments. For further information refer to Regional Arts Council Dalby Facebook page.



### 14th–15th May

### Hampton Festival, 8623 New England Highway, Hampton



The Hampton Festival weekend offers so many experiences, from creative workshops in the country, to dinner events in interesting locations, and hands-on farm tours. The weekend culminates with the regions food, wine and creative arts showcase at the Hampton Festival on Sunday 15 May - a vibrant celebration of local food production, regional artisans and live music. For the event program follow their Facebook page or checkout their website. **Lesley will be going, so if you'd like to grab a seat in her car please let her know, only 4 spaces available so GET IN QUICK!!! Or grab a couple of your friends and carpool. Pre-paid tickets can be purchased online for \$12PP, limited tickets available at the gate for \$15PP.**