

BETHANY BUZZ

BETHANY CARE - NEWSLETTER - JANUARY - 2021



WELCOME TO 2021

Here's what's inside this edition...

- A Word from Bethany's Manager
- Welcoming the new year
- Meet the carer
- NRG Pets day

WHO WE ARE

Our focus at Bethany is to provide quality support services to people with disabilities and their families on the Gold Coast. We want to do what we do well, and action this from our shared belief that all people are of the highest value and deserve genuine love and support to meet their needs.

Bethany Care is a ministry of Hope Church and was established in 1995 on Christian principles to demonstrate love in action to the disability community.

A WORD FROM BETHANY'S MANAGER

HAPPY NEW YEAR BETHANY CARE FAMILY AND FRIENDS



This year is off to a great start with our day programs back in full swing, Hope Cottage reopened for respite care and the daily activities of those living at Yodelay and Maidenhair up and running. We have a wonderful year planned for Bethany Care. There will continue to be all the usual programs and services along with number of new activities to enjoy.

It is my desire to see Bethany Care grow and offer more supports and programs to people with a disability. Our team is here for you and your family and we want to see everyone meet their goals. If we can help in anyway, please speak to us and we will do our best to meet your needs.

If you have a family member or friend that you think would like to receive this newsletter, either by email or hard copy give MJ a call at the office and she would put their name on the list.

All the very best for an amazing 2021. *Penelope*

WELCOMING IN THE NEW YEAR

This new year may feel a bit different, given the challenges of 2020 and especially considering restrictions limiting our ability to celebrate together.

For many, the changing of a new year puts a greater focus on long-term goals and a chance to consider personal progress on becoming the better person.

While its usually the case that this focus declines as the year progresses, its worth taking the time to reflect on who and where we'd like to be in the future.



PANDEMIC LESSONS

For those who can't resist thinking about long-term goals, despite the uncertainty that this pandemic year has introduced into the world, you could review what you've learned during the pandemic. Long-term resolutions could be based on consideration of three things:

- What do I want to keep from changes I made to cope with the pandemic?
- What do I want to reclaim from the pre-pandemic time?
- How would I "build back better" if I were in charge of the world or my neighbourhood?

Each of these things will require some long-term goal focus, and can help you imagine a new ideal self for the post-pandemic times.

Like Christmas 2020, New Year's 2021 is likely to be unique in many people's memories. Many people have gone out of their way to make these moments as tolerable as possible, given the circumstances, but these new ways to commemorate the holidays are unlikely to become traditions, or things people will want to repeat in subsequent years.

MEET THE CARER



GETTING TO KNOW SAM SHILLING

Sam has been with us since 2018. She's a popular carer with passion for helping people with a disability live their best lives. Here's a bit about Sam.

- 1) If you could write a book about your life, what would the title be and why? 'The many adventures of Sam' - because there is never a dull moment in my life!
- 2) What advice would you give to your teenage self? Stay in school!
- 3) What's one thing most people don't know about you? One of my first jobs was as a radio announcer
- 4) What's your guilty pleasure? coffee and chocolate
- 5) When you were a kid, what did you want to be when you grew up? A language translator

PROGRAMME REPORT

NRG PETS DAY

Bethany had a blast on its first ever pets day as part of the NRG program. Everyone was thrilled to be up close and personal with a variety of animals including Pene's personal pet, Rocco the therapy dog. The day included craft activities like making pet photo frames, some fun games and to top it off the movie "Pets" was shown at the end of the day.



JOIN US AT HOPE CHURCH!

Bethany is a ministry of Hope Church and extends a warm invitation to all individuals & families to join in its dynamic community events.

Please visit <https://www.facebook.com/hopechurchgc> or

<https://www.instagram.com/hopechurcaustralia/v/?hl=en> for updates.



BETHANY IS A COVID SAFE BUSINESS

Queensland is open for business, but there are still some things we need to do to keep COVID safe. Bethany is fully committed to adhering to the following directives for your safety.

1. Follow the public health directions and keep up-to-date with requirements to make your business and customers COVID Safe.
2. Ensure staff and customers observe physical distancing.
3. Collect and keep customer details (if required).
4. Don't allow staff or customers showing any COVID-19 symptoms to enter your premises.
5. Ensure COVID Safe management plans (Work Health and Safety) are in place which detail how you, your workers and your patrons will stay COVID safe.
6. Operate under a COVID Safe Industry Plan or a COVID Safe Checklist, which detail how COVID safety is managed in specific industries.

7. Develop COVID Safe site specific plans if your business has an individual, unique and complex site (like large outdoor amusement parks, zoos etc.).
8. The COVID Safe Business Framework outlines how workplace health and safety requirements, checklists and industry and site specific plans work together to help ensure Queensland businesses continue to operate COVID safely.

Penalties

Any person found in breach of the Public Health Directions and/or Public Health Act 2005, i.e. to whom a Direction/Act applies, without a reasonable excuse, could face a penalty of up to a maximum of 100 penalty units or 6 months' imprisonment. On the spot fines can also be issued.



Contact us...

BethanyCARE

Bethany Office Team

Service Managers
Pene Hodge

Assistant Manager
Ric Kelso

Quality Assurance Coordinator
Brian Lynch

House Coordinator
Trevor Judd

Administration Officer
Maryanne Verrico

Board of Directors

Pastor Justin Reid

Rev Dr Paul Allen

Mrs Amy Leong

Mrs Kerrie Lovell

Mr Johnston Yap

Feedback

We value your feedback!

If you have any feedback on what we are doing well or how we can do things better, please contact us.

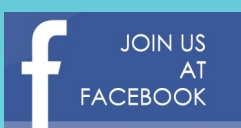
This may include any comments or suggestions about any aspect of Bethany service delivery, for example, policy recommendations. Please contact us to share your views. Your input is important to us.

You can provide your feedback through the following channels:

- by post Bethany Care Limited, Box 35 Varsity Lakes Q 4227
- email enquiries@bethanycare.org
- phone 5551 0276

Admin Office

5551 0276



<https://www.facebook.com/BethanyCareLtd>

BETHANY CARE - NEWSLETTER - JANUARY - 2021