



Self Control



CHRISTIAN HOME CARE NEWSLETTER

NOVEMBER 2023

WHO TO CALL FOR SUPPORT

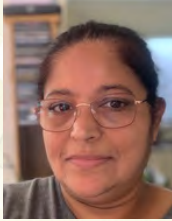
ANCA STAMATESCU



Anca oversees the Care Coordination Team. She is the main point of contact for new enquiries as well as feedback and suggestions.

Phone: (03) 9069 6202

STIFFANY TOUSSAINT



Call Stiffany for scheduling new services with a caregiver, changing or cancelling scheduled services, and general admin matters.

Phone: (03) 9069 6200, option 1

DINU STAMATESCU



Call Dinu for any Accounting and Compliance matters that could not be resolved with other members of the team.

Phone: (03) 9069 6201

MICHELLE KOK



Michelle is part of our Care Coordination Team. She will be in touch with you for assessments, care plans and service reviews.

Phone: (03) 9069 6200, option 2

JESSICA MAGNO



Jessica is also assisting with Care Coordination: service referrals, purchases, booking events and general admin matters.

Phone: (03) 9069 6200, option 2

NISHANTHI DHARMAKEERTHI



Nishanthi is our Accountant Assistant. Call Nishanthi for any queries regarding invoices and statements.

Phone: (03) 9069 6200, option 3

WHAT ELDERS SAY ABOUT US:

"I just got home from my hospital appointment and found yummys at my door

Thankyou beautiful lady. I miss you B"

"Dear Anca,

Thank you for the care given us by CHC over the last few years.

Particularly I like to thank Michelle who came recently to do a very caring and thorough assessment.

*Kind regards,
C"*

CELEBRATING OUR COMMUNITY

We would love to highlight the testimonies, stories, special anniversaries or events of the Elders in our community.

If you have anything to share, please email us at anca@christianhomecare.com.au and we would love to feature you!

HAPPY BIRTHDAY TO OUR COMMUNITY MEMBERS BORN THIS MONTH!



Willi B.

Ruth B.

Pauline C.

Wendy C

John D.

Elsa H.

Angela K.

Nola M.

Glenda P.

Kandiah S.

Peter T.

Maria T.

Joan W.

Peter W.

CHRISTIAN HOME CARE NEWS

The Christian Home Care Monthly Newsletter



self
control
is
strength

This Month

Word of the Month: Self Control

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WORD OF THE MONTH: SELF CONTROL

Self control is not easy to achieve. How many New Year resolutions we have all committed to, only to see them broken before the end of each January?

How easy is for others to “push our buttons” and get us angry, upset, resentful?

Over the years I learned that humans are born with weaknesses that very few are able to control. But I have also learned that when I am too weak, I can get my strength from God through prayer and through the wisdom of the Scriptures.

Let's think of self control as God's given wisdom. The famous question “What would Jesus do?” in a particular situation can give us a glimpse into the divine guidance available to us.

The topic of self control brings us to an end of a cycle started last year: the fruit of the Spirit:

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Galatians 5:22-23

May our merciful Father bless us with an abundant harvest of the fruit of the spirit, so that we can become a blessing to those around us!

By: Dinu Stamatescu

PS: stay tuned for a new cycle starting next year!

HOW TO COPE AND STAY SAFE IN EXTREME HEAT

(Information from betterhealth.vic.gov.au Survive the Heat brochure)

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

COPING WITH THE HEAT

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear a hat and loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.

PREPARE FOR EXTREME HEAT

- Stock up on food, water and medicines so you don't have to go out in the heat. Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

PREPARE FOR A POWER FAILURE

- Ensure you have a torch, fully charged mobile phone, a battery operated radio and some spare batteries.
- Stock up on food items that do not require refrigeration or cooking such as tinned fruit and vegetables, tinned meats or fish, bread and fruit. Have plenty of drinking water available.
- Stock up on medications and other essential items. Consider a battery-operated or hand held fan to assist with cooling.

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Christmas Celebration

We warmly invite you to celebrate with us a very merry and joyous Christmas!

Friday 15th of December starting at 12:30 pm for praising the Lord, enjoying lunch and celebrating until around 3:30 pm

**Club Kilsyth, Corner Canterbury & Colchester Roads
1-15 Canterbury Rd, Bayswater North**

Please RSVP to our office by the 9th of December at coordination@christianhomecare.com.au or (03) 9069 6200 (choose option 4)

Please also advise us of any carer / transport needs and don't forget to self screen for Covid according to our document on Fri 15/12 before coming.



During our Christian Home Care and Christian Home Church services and events we take photos and videos which we may use in our publications such as newsletters, invitations, presentations, websites, streamed church services, etc. By participating to our services and events you give us permission to use such photos and recordings.

PASTORAL MESSAGE

SPIRITUAL ESSENCE: SELF-CONTROL IN CHRISTIANITY

The fruit of self-control, mentioned in Galatians 5:22-23, signifies the capacity to manage desires, impulses, and actions with discipline. It's a pivotal aspect of one's character developed through the Holy Spirit's guidance.

In Galatians 5 Paul contrasts living by the flesh (sinful nature) with living by the Spirit. Self-control is listed among the fruits of the Spirit to emphasize that, when led by God's Spirit, individuals can restrain sinful inclinations and behaviors.

Self-control involves:

- 1. *Resisting temptations*: it's the strength to say "no" to sinful or harmful temptations, whether in actions, thoughts, or desires.
- 2. *Managing emotions*: this includes not allowing emotions like anger or hatred to dictate actions but responding with patience and composure.
- 3. *Balancing desires*: self-control means moderation in areas like eating, spending, and seeking pleasure, avoiding unhealthy obsessions.
- 4. *Staying committed*: it helps uphold commitments and promises, whether in relationships, work, or faith.
- 5. *Exercising discipline*: it's setting goals and working consistently toward them, even amid distractions or obstacles.



Self-control is crucial in Christianity, reflecting transformation when guided by the Holy Spirit. It enables a life pleasing to God, benefiting personal well-being and others. It aligns one's will with God's and fosters choices reflecting godly values.

Developing self-control aids Christians in wise and mature living, overcoming sinful allure, and maintaining virtuous character. It's integral to spiritual growth and sanctification.

In summary, the fruit of self-control, in Galatians 5:22-23, signifies disciplined management of desires, emotions, and actions through the Holy Spirit's influence. It involves resisting temptations, managing emotions, balancing desires, staying committed, and exercising discipline. Crucial in Christianity, it fosters a life aligned with God's will and godly values, aiding spiritual growth and virtuous living.

Pastor Aaron Tan
TODAYS Ministry

Aaron is also a Caregiver with Christian Home Care, having supported Elders for the last 18 months



Christian Home Church

Christian Home Church Meetings:

Our next Church services and afternoon tea meetings will be in-person on :

15 November and 29 November as usual, starting at 2.00 pm.

There will not be a service on 13 December as this is being replaced with our Christmas celebration luncheon on 15 December from 12.30pm at Kilsyth Club.

For our usual church services we meet on the premises of :

St Paul's Anglican Church at 40 Warrandyte Rd, Ringwood and there is ample parking.

As we meet on St Paul's Anglican Church premises, we have been advised by the host that there is no further need to check vaccination status.

However, we still highly recommend that you get the vaccinations as your GP advises, keep social distancing and wear a mask if concerned about COVID.

You also need to self-screen for COVID before attending the services according to CHC procedures already notified to you.

Please RSVP to coordination@christianhomecare.com.au or (03) 9069 6200, select option 4

Please note that we cannot take responsibility for your COVID safety when attending; if you deem attendance as an unacceptable risk to your health, we understand!

HAVE YOU VISITED OUR CHRISTIAN HOME CHURCH WEBSITE AT [HTTPS://CHRISTIANHOME.CHURCH](https://christianhome.church) ?

PLEASE DO SO FOR UPCOMING SERVICE DATES, SERVICES RECORDINGS, PRAYER REQUESTS, ETC.

Christian Home Church is an ecumenical non-denominational church where we welcome people from any background and hope that irrespective of having been brought up as Catholics or Baptists or Pentecostal, Methodists, Lutherans, Presbyterians and so on, or maybe having no prior connection with church, we will all meet up in unity to bring glory to our God, praise our Saviour and thank our Holy Spirit.

SCAN ME



Have you got used to scanning QR codes wherever you go? You might like to try a different reason for scanning: just to get to our website, see what is coming up, leave prayer requests. **Try it now!**

PSALM OF THE MONTH

Psalm 141 Verses 1-4

- 1** I call to you, Lord, come quickly to me;
hear me when I call to you.
- 2** May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
- 3** Set a guard over my mouth, Lord;
keep watch over the door of my lips.
- 4** Do not let my heart be drawn to what is evil
so that I take part in wicked deeds along with those who are evildoers;
do not let me eat their delicacies.

Christian Home Care is preparing a short play to be presented during our Christmas luncheon on 15th of December and we would like to warmly invite Elders, families, staff and volunteers to be the actors in this play.

The play is entitled simply "The Christmas Photo - Will You Be in It?" and it involves the preparation of a group Christmas photo.

All you need to do is to choose a character that you would like to be and to stand or sit for the photo shoot. Large printed photos will be distributed to the participants.

We are searching for both traditional and modern characters for our play: Mary, Joseph, wise men, shepherds, sheep and other traditional nativity people but also shoppers, Santa, etc. Pick who you would like to be! It's that easy!

If you can assist with any decors, costumes (a hat, a robe, etc), a manger, stuffed animals, that would be great as we need to gather all these.

Please contact Anca on (03) 9069 6202 or anca@christianhomecare.com.au if you would like to be part of the fun either by being a character or by lending us costume items.



The Christmas Photo!

Will you be in it?



REMINISCING ABOUT THE SALVATION ARMY RED SHIELD BAND CONCERT



A big "Thank you!" to the Salvation Army Red Shield Band that has stirred up powerful emotions in our hearts at the concert held late October.



CHRISTIAN HOME CARE VOLUNTEERS WHO CAN VISIT YOU AT HOME



Thank you Neil for being a pillar of support for over 4 years

My name is Neil, I am 83 years of age, I am a member of Knox Community Baptist Church and I have volunteered for 21 years in different roles. I became a Christian when I was 15 years old. I have 4 children, 11 grandchildren and 5 great grandchildren. I have been a gardener for many years and I play a lot of music. I collect models of trains, planes and automobiles. I lived in Townsville, Darwin, Alice Springs, Adelaide and Melbourne.

I am available for home visits where we can discuss any subject of interest and I can bring and play games with you.

I am available to visit some Wednesdays and some Fridays between 10am and 1pm.

I can drive for up to 30 minutes from Wantirna and I can meet with men or couples.



Thank you, Lynette, for joining us this year and for your beautiful support

My name is Lynette and I am a volunteer at Christian Home Care. I trusted Jesus as my Saviour in my early twenties and since then I am always seeking to find ways to serve God and be a blessing to others. I have had the privilege of serving God in aged care for over 10 years and taught Christian education in public schools for 20 years. God has put a desire in my heart to share God's Word and pray with the Elders.

"Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.."
Isaiah 46:4

I am available to visit on Tuesdays and Thursdays between 10.30am and 2.30pm.

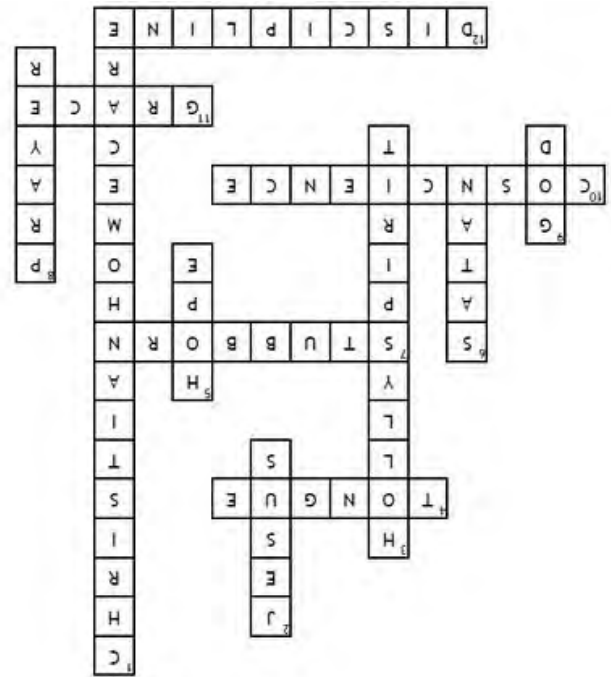
I can drive for up to 20 minutes from Donvale and I can meet with ladies or couples.

PREPARE FOR HEATWAVES

	SYMPTOMS	WHAT TO DO
HEAT CRAMPS	Muscle pains Spasms in the abdomen, arms or legs	Stop activity and sit quietly in a cool place Drink cool water Rest a few hours before returning to activity See a doctor if cramps persist
HEAT EXHAUSTION	Pale complexion and sweating Rapid heart rate Muscle cramps, weakness Dizziness, headache Nausea, vomiting Fainting	Go to a cool area and lie down Fan if possible Drink cool water if not vomiting Remove outer clothing Wet skin with cool water or wet cloths See a doctor
HEATSTROKE (a life-threatening emergency)	Same symptoms as heat exhaustion except sweating stops Mental condition worsens, confusion Seizure Stroke-like symptoms or collapsing Unconsciousness	Call an ambulance – phone 000 Get the person to a cool area and lay them down Remove clothing Wet skin with water, fanning continuously Position an unconscious person on their side and clear their airway

WORD SEARCH ANSWERS

(DO NOT READ BEFORE ATTEMPTING THE WORD SEARCH ON THE NEXT PAGE)



For more information visit the **Better Health Channel**
www.betterhealth.vic.gov.au

Call **NURSE-ON-CALL** on **1300 60 60 24**
for 24-hour health advice or see your doctor if you are unwell.
In an emergency, call **000**.

Have you got a complaint?

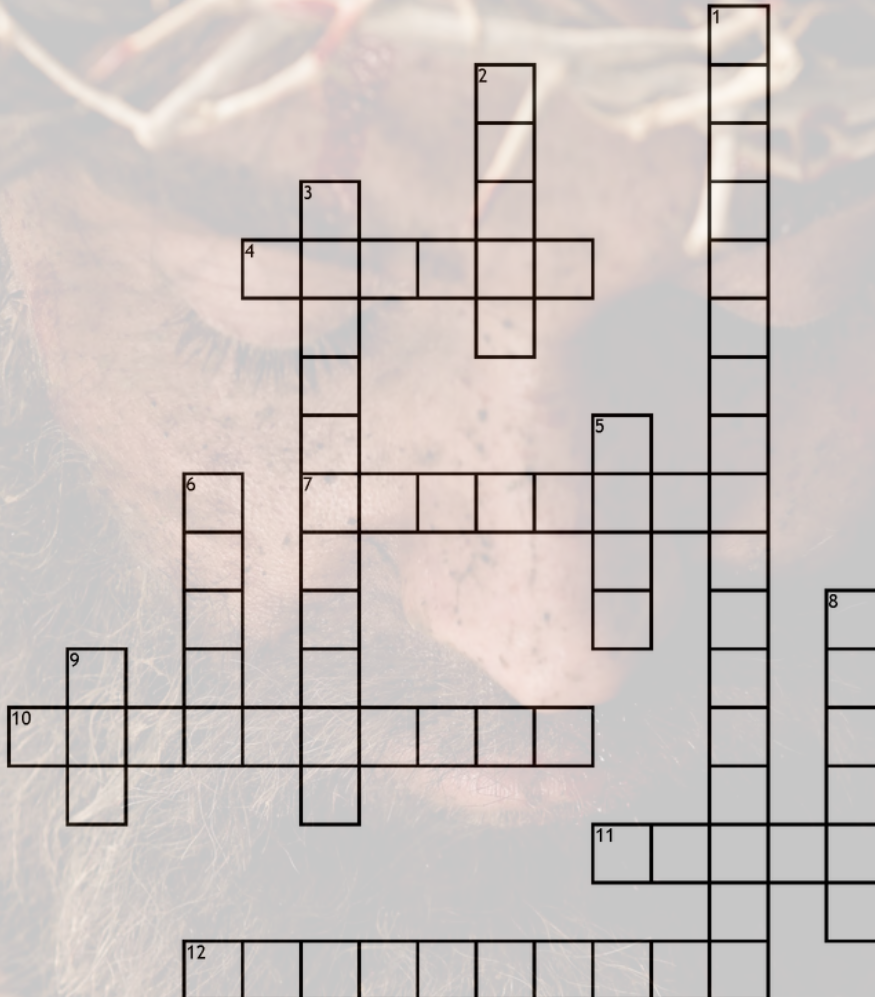
At Christian Home Care we strive daily to provide excellence in Home Care Package Service Delivery. Have we missed something?

Raising your complaint promptly and directly with us gives you the best chance of a satisfactory resolution - please call us on 03 9069 6201.

If you don't receive a response to your complaint or are not satisfied with the response, you can contact Aged Care Quality and Safety Commission (ACQSC) or an advocate.

For more information on how to raise a complaint, you can find resources on ACQSC website agedcarequality.gov.au. If you want to contact an aged care advocate, call 1800 700 600. You can contact ACQSC on 1800 951 822.

Self Control



Across

4. Who has the power of life and death, and those who love it will eat its fruit?
7. My way, or the highway
10. The inner voice that tells us when we failed to self-control
11. Forgiveness from God

12. What is necessary for self control, but hard to maintain?

Down

1. Who to turn to, when I need help?
2. The only person who could completely self control
3. Our intercessor, when we fail
5. Our support when we failed to self control

6. The great tempter, destroyer of self control

8. Best solution when we cannot control ourselves
9. Who is in control?