



*Gentleness*

**CHRISTIAN HOME CARE  
NEWSLETTER**

OCTOBER 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

### 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

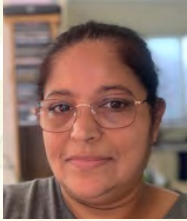
### SUE FARRELL



Sue is also part of our Care Coordination Team. She will be in touch with you for assessments, care plans and compliance.

Phone: (03) 9069 6200, option 2

### 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

### 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:

*Hi Everyone.*

*Mum and I wanted to thank you for allocating James as her new gardener. It was his first visit this morning and he was outstanding!*

*James is such a hard worker, very polite, helpful, and friendly. We feel very grateful that you found him.*

*Many, many thanks,  
P. and D. 🙏*

## 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](mailto:anca@christianhomecare.com.au) and we would love to feature you!

### HAPPY BIRTHDAY TO OUR COMMUNITY MEMBERS BORN THIS MONTH!



**Angela A.    Robyn B.    Elizabeta B.    Suzanne D.**  
**Val G.    Ria G.    Marlis H.    Jansen M.    Rosemary M.**  
**Carol M.    Andriana M.    Pauline O.    Joan P. Elaine S.**  
**Sakuntal S.    Jack T.    Shantini T.    Coral W.**  
**Saw W.    Catherine Y.    Dinu S.    Rosalina R.**

# CHRISTIAN HOME CARE NEWS

The Christian Home Care Monthly Newsletter

## *This Month*

### **Word of the Month: Gentleness**

Page 03

### **Upcoming Reforms in Home Care**

Page 04 and 05

### **Pastoral Message from Pastor Heather Packett**

Page 06

### **Christian Home Church**

Page 07

### **Salvation Army Concert**

Page 08

### **Reminiscing on Father's Day Celebration**

Page 09

### **Older Persons International Day**

Page 10

### **Prepare for an Electrical Outage**

Page 11

### **Word Search**

Page 12

## **WORD OF THE MONTH: GENTLENESS**

I grew up in a time and place of scarcity, and the world around me seemed to teach me that the strong and assertive wins and gets ahead in life. I learned to adapt to this in my own way: be good at school, aim for a career that, I thought, would assure prosperity and status.

In time, God taught me differently. Examples of people of great stature, that pursued the good of the community ahead of their personal interest, made me think. Take Mother Theresa - why spending one's life to show love and gentleness to people in need?

In Australia I found the oposite of scarcity: wealth-wise Australia is definitely one of the most blessed countries in the world.

I realised also that many people, despite having "the good life", lack the gentleness of a friend, a good word in time of need, a smile when things look sad and hopeless.

I realised also that gentleness does not come to me by itself: it is taught by our gentle and merciful Lord, our Abba, Father:

***"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."*** Colossians 3:12

I also learned that showing gentleness and kindness to others made me different, filled with a godly purpose, and experiencing God's joy.

My encouragement to us all is written in the Philippians 4:5:

***"Let your gentleness be evident to all. The Lord is near."***

Dinu Stamatescu



# Reforming in-home aged care to prioritise independence

The Australian Government is committed to delivering in-home aged care reforms that will serve the needs of all older people, their families and carers – now and into the future.

## How is in-home aged care changing?

The reforms will address key issues raised by the Royal Commission into Aged Care Quality and Safety to ensure that in-home aged care:

- is simple to access and understand, with one assessment process
- gives people timely access to the safe and high-quality services they need
- gives people real choice and control in determining the services they receive
- has fair and transparent fees that direct funds to delivering high quality care.

## When will the reforms start?

The new Support at Home program is planned to commence from **1 July 2025**.

In the meantime, current in-home aged care programs – Commonwealth Home Support Programme (CHSP), Home Care Packages (HCP), Short-Term Restorative Care (STRC) Programme and residential respite – will continue operating as normal until 30 June 2025.

We are establishing a single assessment system from **1 July 2024** that will simplify and improve access to aged care services for older people.

The new system will expand the role of our existing assessment organisations, which include Aged Care Assessment Teams (ACATs), Regional Assessment Service (RAS) organisations and Australian National Aged Care Classification (AN-ACC) assessment providers.

## What are the next steps?

The Government has commissioned a range of work to progress the development of the new Support at Home program including:

- the new Aged Care Taskforce, who will provide independent advice on a range of design details, including the service list
- a pricing study to be conducted by the Independent Health and Aged Care Pricing Authority (IHACPA) to determine fair and efficient prices for in-home aged care
- a study to develop an inclusions list for assistive technology and home modifications and advise on the assistive technology needs of people with progressive conditions
- a trial of an assistive technology loans program in partnership with states and territories
- a study into the provision of higher levels of in-home aged care to support people to remain independent in their own homes for longer
- a trial of a new assessment tool, with around 20,000 older people entering aged care.

The Department of Health and Aged Care will also be consulting with the aged care sector on program details over coming months.

For more information, visit [health.gov.au/in-home-aged-care-reform](https://health.gov.au/in-home-aged-care-reform).

## How can I get involved?

For enquiries about the in-home aged care reforms or upcoming consultations, email [sah.implementation@health.gov.au](mailto:sah.implementation@health.gov.au).

For the latest information about aged care reforms and engagement opportunities:

- visit the Aged Care Engagement Hub at [agedcareengagement.health.gov.au](https://agedcareengagement.health.gov.au)
- subscribe to the EngAged monthly newsletter for older people, their families and carers at [health.gov.au/EngAged-newsletter-subscribe](https://health.gov.au/EngAged-newsletter-subscribe) or
- subscribe to the Your Aged Care Update sector newsletter and alerts at [health.gov.au/aged-care-newsletter-subscribe](https://health.gov.au/aged-care-newsletter-subscribe).

## Let's change aged care together

We invite everyone to continue to have their say about the aged care reforms.



Visit [agedcareengagement.health.gov.au](https://agedcareengagement.health.gov.au)



Phone **1800 318 209** (Aged care reform free-call phone line)

For translating and interpreting services, call 131 450 and ask for 1800 318 209.  
To use the National Relay Service, visit [nrschat.nrscall.gov.au/nrs](https://nrschat.nrscall.gov.au/nrs) to choose your preferred access point on their website, or call the NRS Helpdesk on 1800 555 660.

# PASTORAL MESSAGE

## GENTLENESS

Jesus called himself gentle when he said, "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matt 11:29). So when we consider gentleness as a fruit of the Spirit, and something we should aspire to, we're actually aspiring simply to be more like Jesus. The fruit of the Spirit are actually a description of the character of Jesus made available to us because the Spirit of Jesus lives within those who follow him.

So firstly today, remember that because of Holy Spirit's help, you can be more like Jesus – and gentleness is a part of his character.

In Scripture, gentleness is also called 'meekness'. This is the word Jesus used in the Sermon on the Mount, when he said, "Blessed are the meek, for they will inherit the earth." (Matt 5:5). That's a pretty big blessing! And the requirement is simple gentleness in the way we interact with those around us. Gentleness helps people see Jesus.

Gentleness is not weakness or an inability to engage. Rather it takes great strength to choose to set aside our rights and offenses in order to show someone kindness and respect, even sometimes when they don't deserve it.

Being gentle requires us to shelve our feelings sometimes, and choose to be kind and thoughtful to others, to go above and beyond the expected concern for their wellbeing, and to live with empathy for what others might be experiencing in life. That kind of outlook requires incredible strength, and is not at all weak.

Jesus was not wimpy, but he certainly was gentle. He could rise up in righteous anger one



moment, and forgive a rabid sinner the next. His gentleness was given in situations when people feared the wrath of God, to show them that in fact God welcomes those who need him, and who recognise their need for him. But secondly, remember that because the Lord is gentle, he doesn't just expect gentleness from us, but he also displays it to us as well. The Lord is gentle and patient with us. He doesn't expect us to always get life right. He knows our weaknesses and failings, and he's kind and gentle anyway. We can be grateful to him for his gentleness to us, and allow his treatment of us to spur us on toward gentleness to others. It's in this way that others will see him being displayed through us.

Two ways to increase in gentleness:

1. Ask the Holy Spirit to fill you afresh, and give you an extra measure of his gentleness. It comes from him anyway, and he freely gives to us. And,
2. In the moments you realise you may have neglected gentleness in your interactions, you can always apologise and try again. All of us can. And in doing so we are practicing the discipline of gentleness.

by Heather Packett

Pastor at Crossway Baptist Church



# Christian Home Church

## Christian Home Church Meetings:

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

4 October, 1 November and fortnightly as usual, starting at 2.00 pm.

**The service on the 18th of October will be replaced by the concert of the Salvation Army band on the 27th of October, starting at 1:30 pm, followed by afternoon tea.**

**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](mailto: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 18 Verses 13-30-36**

This God—his way is perfect; the word of the LORD proves true;  
he is a shield for all those who take refuge in him.  
For who is God, but the LORD?  
And who is a rock, except our God?—  
the God who equipped me with strength and made my way blameless.  
He made my feet like the feet of a deer and set me secure on the heights.  
He trains my hands for war,  
so that my arms can bend a bow of bronze.  
You have given me the shield of your salvation,  
and your right hand supported me,  
and your gentleness made me great.  
You gave a wide place for my steps under me,  
and my feet did not slip.



The Salvation Army

# Melbourne Red Shield Band



Bandmaster: Graham Roper

## Salvation Army Concert Melbourne Red Shield Band followed by afternoon tea

**Friday 27th of October from 1.30pm**

**St. Paul's Anglican Church, 40 Warrandyte Rd, Ringwood**

**Please RSVP by 20th of October**

**[coordination@christianhomecare.com.au](mailto:coordination@christianhomecare.com.au) or (03) 9069 6200, option 4**

**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.**



# REMINISCING ABOUT FATHER'S DAY CELEBRATION



## ***WE ARE CELEBRATING WITH YOU***

On 14 December 1990, the United Nations General Assembly designated 1 October the International Day of Older Persons.

Globally, there were 703 million persons aged 65 or over in 2019. The region of Eastern and South-Eastern Asia was home to the largest number of older persons (261 million), followed by Europe and Northern America (over 200 million).



Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050. All regions will see an increase in the size of the older population between 2019 and 2050. The largest increase (312 million) is projected to occur in Eastern and South-Eastern Asia, growing from 261 million in 2019 to 573 million in 2050. The fastest increase in the number of older persons is expected in Northern Africa and Western Asia, rising from 29 million in 2019 to 96 million in 2050 (an increase of 226 per cent). The second fastest increase is projected for sub-Saharan Africa, where the population aged 65 or over could grow from 32 million in 2019 to 101 million in 2050 (218 per cent). By contrast, the increase is expected to be relatively small in Australia and New Zealand (84 per cent) and in Europe and Northern America (48 per cent), regions where the population is already significantly older than in other parts of the world. **At Christian Home Care, we see these trends as an increase in world-wide level of wisdom and we celebrate all our Elders!**

# PREPARE FOR AN ELECTRICAL OUTAGE

Power outages can happen at any time, from high demand on the network, to storms and bushfires. Make sure you're ready if the unexpected happens.

## Preparing for an outage:

- Put together an emergency kit in an easy to access place and let everyone know where it is. As a start you should have battery operated devices such as a radio to receive important information in the event of an outage and a torch. Make sure you keep spare batteries in there too!
- Keep at least one light on in the house so you know when your electricity is back on.
- Make sure your mobile phone is fully charged and you have a spare charge pack on hand for an outage situation.

**If you or someone living at your address needs power to operate life support equipment, make sure you register your home. You can do this directly with your energy retailer.**

# WORD SEARCH ANSWERS

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

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

## 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](http://agedcarequality.gov.au).

If you want to contact an aged care advocate, call 1800 700 600.

If you can't do it on your own or with the help of an advocate, the ACQSC can support you.

You can contact ACQSC on 1800 951 822.

## Want to unsubscribe for the newsletter?

If for any reason you would like to unsubscribe from this newsletter, please call us on 03 9069 6200 or email [coordination@christianhomecare.com.au](mailto:coordination@christianhomecare.com.au)

# GENTLE JESUS

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

UNDERSTANDING  
KINDNESS  
SHARING  
PRAYER  
GENTLE  
CREED

HOLY SPIRIT  
DONATION  
TRINITY  
FATHER  
JESUS  
CROSS

INCLUDING  
THANKFUL  
HELPFUL  
CHURCH  
PEACE  
SON

COMMUNITY  
APOSTLE  
PRAISE  
LOVING  
FAITH  
GOD