



# EMMANUEL

## GOD WITH US



**CHRISTIAN HOME CARE**  
**NEWSLETTER**

**DECEMBER 2024**

## 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

### NEIL MULLUCKS



Neil is part of our Care Coordination Team. He 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:



This is to say that  
Gerd + Eridka Herrmann  
are very happy with  
the friendship + service  
offered to us.

God bless them

## 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



#### Elders:

Isabel B. Alan C. Josias G. Mary G. Mang-Fai L  
Robert L. John S. Edna T. Vasso T. Lorraine V.P.  
Carole W. Hong W.

#### Staff:

Violeta C. Hang T. Aaron T.  
Shanthy C. Victoria L.

# CHRISTIAN HOME CARE NEWS

Monthly Newsletter

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## WORD OF THE MONTH: EMMANUEL (GOD WITH US)



While Christmas is a time of family celebrations, gifts giving, eating delicious foods and singing carols, this may not be exactly the case for all of us. I rejoice Christmas lunch with my wife and kids and their spouses, but deep in my heart I am missing my parents who passed away years ago, my brother and his family living further away, in Adelaide.

Christmas can also be a time of loneliness for some, a time of grieving over people no longer with us or for broken relationships that are still grieving us.

Our heavenly Father knows this too well, and this is why He is always with us: Immanuel means, literally, God with us!

***"All this took place to fulfill what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us"). Matthew 1:22-23***

What a wonderful gift from God is that we are never alone! Through all trials of life, through ups and downs, God is with us and we are never forsaken. My wishes to you this

Christmas are best expressed in Deuteronomy 31:8:

***"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."***

God is with us, we have nothing to fear, only to rejoice, as we declare every Christmas in a well-known carol:

***Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel***

Have a very merry Christmas and a blessed New Year!

by Dinu Stamatescu

# HOW TO COPE AND STAY SAFE IN EXTREME HEAT

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.

## COULD YOU OR SOMEONE YOU KNOW BE AT RISK?



Extreme heat can affect anybody however the people most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness
- are taking medications that may affect the way the body reacts to heat such as:
  - allergy medicines (antihistamines)
  - blood pressure and heart medicines (beta-blockers)
  - seizure medicines (anticonvulsants)
  - water pills (diuretics)
  - antidepressants or antipsychotics
- have problematic alcohol or drug use
- have a disability
- have trouble moving around such as those who are bed bound or in wheelchairs
- pregnant women and breastfeeding mothers
- babies and young children
- are overweight or obese
- work or exercise outdoors
- have recently arrived from cooler climates.

## SURVIVE THE HEAT

Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

### HOT CARS KILL



- Never leave kids, adults or pets in hot cars. The temperature inside parked cars can double within minutes.

### 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 light-coloured, 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.

### HOW YOU CAN HELP OTHERS



- Keep in touch with sick or frail friends and family. Call them at least once on any extreme heat day.
- Encourage them to drink plenty of water.

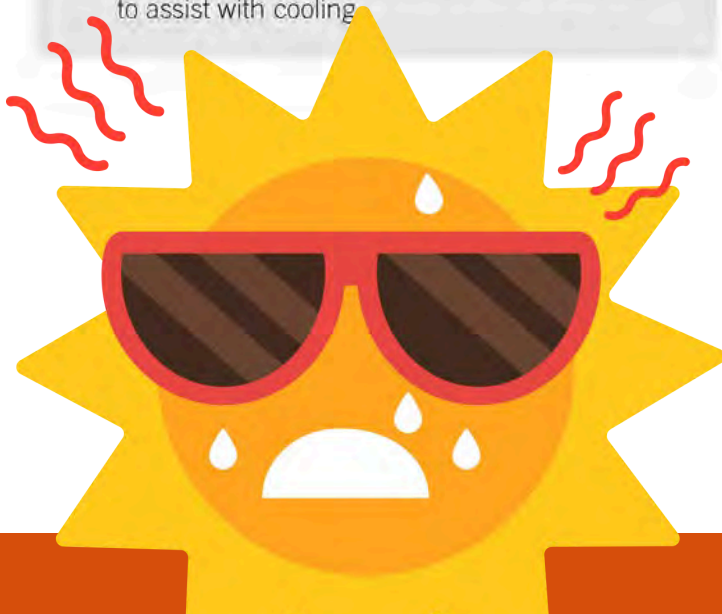
- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat. Take them somewhere cool for the day or have them stay the night if they are unable to stay cool in their home.
- If you observe symptoms of heat-related illness, seek medical help.

## 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



## RECOGNISING HEAT-RELATED ILLNESSES



Heat can worsen the condition of someone who already has a medical issue such as heart disease or diabetes. Most reported illness and death is due to the effect of heat on those already ill. Heat can also cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening condition, heatstroke. The table below will help you recognise the symptoms of each and what to do.

	SYMPTOMS	WHAT TO DO
<b>HEAT CRAMPS</b>	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
<b>HEAT EXHAUSTION</b>	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
<b>HEATSTROKE (a life-threatening emergency)</b>	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

For more information visit the Better Health Channel  
[www.betterhealth.vic.gov.au](http://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.

# PASTORAL MESSAGE: IMMANUEL

'Immanuel' is one of the most personal and intimate names for God. The Hebrew name is literally **'With (im) us (nu) God (El)'**. God with us. The God who is with us, who does not stay separate from us in heaven but comes to where we are.

In this Advent season of the Christian calendar, the season of preparation for Jesus' birth and his second coming, the name Immanuel becomes even more poignant.

Isaiah's famous prophecy of 'God with us' (Isaiah 7:13-15) is quoted in Matthew 1:18-22 as Joseph hears about God's plan to be with his people through Jesus' incarnation.

**"...An angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. 21 She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."**

**22 All this took place to fulfill what the Lord had said through the prophet: 23 "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us")"**.

Throughout Jesus' life, we see him fulfilling his identity as God with us: God who weeps over the death of Lazarus; God who knows weakness, hunger and temptation in the wilderness; God who is betrayed by a friend; God who fully enters into the human condition, including in his death. Truly, Jesus is God with us. There is no human experience that God has not shared with us, from joy to grief, from hunger to abandonment, from anger to delight.

One of my favourite Advent songs is 'O come, O come, Emmanuel.' The song speaks of a longing,



a yearning, for God to come and ransom his captive people, of God to come and be with us. Through the life of Jesus we see and experience this becoming a reality. The promise of this Christmas season is that God is not 'watching us from a distance' but is with us, actively involved, intimately connected, knowing from experience what we go through, and setting things right.

The promise of the return of Jesus is also that at the end of time, God will be 'with us.' Revelation 21:1-4 brings us a beautiful, hope-filled picture of when the presence of Immanuel, God with us, becomes a tangible and ongoing reality:

**2 I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. 3 And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 4 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."**

This Advent and Christmas season, may you know the joy and experience the restoration of Immanuel, God with us, in all the circumstances, joys, sorrows, triumphs and challenges of life.

O come, O come, Immanuel!

Pastor Nathan Hedt



# Christian Home Church

Our Christian Home Church gatherings are welcoming you all with love!

You may be our Elder, our Elders' children, grandchildren, neighbours, friends, our staff, volunteers or subcontractors with their children or parents or friends, or you can simply be a friend of CHC.

If you have never joined us and you would like to come and have a peek, just come and see, you will be the guest of honour!

Our next Christian Home Church service and afternoon tea meeting is planned for:

**Wednesday 29 January 2025.**

**This will also be an Australia Day celebration!**

**For our usual church services we meet on the premises of : St Paul's Anglican Church (also called Mullum Mullum Anglican Church) at**

**40 Warrandyte Rd, Ringwood 3134**

and there is ample parking. We highly recommend that you keep social distancing and wear a mask if concerned about COVID. You also need to self-screen for COVID or other infectious diseases 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.

## **NAMES OF GOD**

Our Newsletters this year focus each month on one of the names of our God.

So far we had: March: **Abba Father**; April:

**Jesus**; May: **Holy Spirit**; June: **Yahweh, I Am**;

July: **Jehovah Jireh, The Lord Who Provides**;

August: **Adonai, Lord, Master**; September:

**Elohim, God**; October: **El Shaddai, God**

**Almighty**; November: **Jehovah Rapha, God**

**Who Heals**; December: **Immanuel, God with Us**

## **PSALM OF THE MONTH**

### **Psalm 98:1-6**

- 1 Sing to the Lord a new song,  
for he has done marvelous things;  
his right hand and his holy arm  
have worked salvation for him.
- 2 The Lord has made his salvation  
known and revealed his righteousness  
to the nations.
- 3 He has remembered his love  
and his faithfulness to Israel;  
all the ends of the earth have seen  
the salvation of our God.
- 4 Shout for joy to the Lord, all the  
earth, burst into jubilant song with  
music;
- 5 make music to the Lord with the  
harp, with the harp and the sound of  
singing,
- 6 with trumpets and the blast of the  
ram's horn- shout for joy before the  
Lord, the King.



# Single Assessment System

(extract)

## What is the Single Assessment System?

The new Single Assessment System will provide a single assessment pathway to access all Government-funded in-home, flexible care and entry to residential aged care. It will:

- be simpler to navigate for you, your family and carers
- ensure you only have to tell your story once
- adapt to your changing needs, without having to change assessment provider
- ensure access to assessments in regional, rural and remote areas
- have shorter wait times for assessments.

There will be no changes to aged care eligibility requirements or referrals to urgent services.

## How do I apply for an aged care needs assessment?

How you apply for an aged care needs assessment has not changed. But the Single Assessment System aims to make this process smoother.

You, or a representative on your behalf (i.e. family member or carer) will need to:

- visit the My Aged Care website to '[Apply for an Assessment Online](#)'
- call [My Aged Care](#) on **1800 200 422** (free call) between 8am and 8pm on weekdays and between 10am and 2pm on Saturdays (local time)
- book a face-to-face appointment with an Aged Care Specialist Officer (ACSO) at select Services Australia service centres by calling **1800 277 475** between 8am to 5pm on weekdays.

My Aged Care can:

- register you with My Aged Care, if you are calling for the first time
- ask you some initial questions to discuss the aged care services you may need
- refer you to an assessment organisation in your local area.



A Triage Delegate from an assessment organisation will call you within 2 weeks of accepting your referral. This will be a quick call to support you being booked into the right type of aged care needs assessment for your needs.

## **I am waiting for my assessment, what happens to me?**

If you have already contacted My Aged Care and are waiting for an assessment organisation to contact you, you don't need to do anything else at this stage. A local assessment organisation will call you to book an assessment within 2 weeks of accepting your referral.

If you already have an assessment booked in, nothing will change. An assessor will come to your home to conduct your assessment at your booked time and date.

## **Will there be any changes to how assessments are conducted?**

Assessments will continue to be done in person, at your own home, or in hospital if required.

The Single Assessment System is flexible and will adapt to your changing needs without the older person having to change assessment organisations.

During your assessment, you will be supported by the same assessment organisation even if they identify a change of needs:

- If you are having a comprehensive assessment by a clinical assessor, they can change to a home support assessment if required.
- If you are having a home support assessment by a non-clinical assessor, they can call a clinical assessor (by phone or video conference) to discuss questions that require clinical judgment. If a clinical assessor is not available right away, they will call back or arrange a follow up assessment to ask the remaining clinical questions.

## **Will there be any changes to reassessments?**

### **Aged care needs assessments**

The process for reassessments and Support Plan Reviews has not changed – you, a family member or aged care provider will need to contact My Aged Care if your needs change.

Under the Single Assessment System, you may have your first reassessment or Support Plan Review with a different assessment organisation.

You will then keep the same assessment organisation for all future reassessments. Assessors will continue to be able to self-refer for Support Plan Reviews, making it easier to stay with the same assessment organisation you saw last time.

### **More information**

Visit the My Aged Care website for more information about:

- [the assessment process](#)
- [how to apply for an assessment](#)
- [preparing for an assessment](#)
- [when to get re-assessed](#).

For more information about the [Single Assessment System](#), visit the department's website.

*Merry Christmas*

*and a very blessed New Year*

*from all of us at Christian Home Care!*



*If you are alone this Christmas, let Anca know and  
we will find a way to celebrate together!*

\*\*\*\*\*

*Please note: there will be no Newsletter in January,  
Stay tuned for the February 2025 edition*

# UNSPENT HOME CARE PACKAGE FUNDS

In our September newsletter we touched on the issue of budget buffers, also known as contingency funds.

We suggest that you allow on your funding some room for the unknown: a piece of equipment, a spike in taxi travel, extra physio for a sore back and so on. The suggested buffers for each level are shown below:

**Level 1: \$1,000**

**Level 2: \$2,000**

**Level 3: \$3,500**

**Level 4: \$5,000**

In this newsletter we would like to touch on the opposite situation:

**when you have accumulated significant amounts of unspent funds, please review if there are extra types of support that we could assist you with.**

Our team discusses these matters with you during your reassessments, but in between reassessments please continue to let us know if there are additional services we can help with.

Here is a brief list for you to consider:

- personal care – such as help with showering and hygiene, e.t.c.
- clinical care – such as nursing, podiatry, physiotherapy, e.t.c.
- skin care – such as wound care, e.t.c.
- dietary support – such as help with nutrition and preparing meals or dietician advice, e.t.c.
- continence care – such as continence products, commode chairs and bedpans, e.t.c.
- communication support – such as help with using the phone or computer, e.t.c.
- mobility support – such as walkers, wheelchairs, e.t.c.
- domestic services – such as cleaning, shopping, e.t.c.
- minor home modifications – such as installation of grab rails, easy access taps, e.t.c.
- social support – such as help to take part in social activities, e.t.c.
- transport – for medical or social reasons, e.t.c.

There is also a lot more that we can help you with through your package depending on your individual circumstances. Feel free to call our office and chat with Neil (03 9069 6211) for a review of support options / rediscussing your care plan or with Dinu (03 9069 6201) for funding / budgeting queries.

**Drive past, stop and delight in the Christmas lights that Dorothy's family meticulously prepared: 5 Tetragona Quadrant Rowville**





# Australia Day Celebration

**A great time to celebrate the Aussie spirit!  
Wednesday the 29th of January 2025 starting at 3:00 pm  
(the celebration follows after  
the first CH Church service that is at 2:00 pm)**

**Please RSVP to our office by the 22nd of January at  
[coordination@christianhomecare.com.au](mailto:coordination@christianhomecare.com.au) or (03) 9069 6200 (choose 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.**