

The Tattler

September/October 2018

The bimonthly newsletter of Beauaraba Living ~ for the residents, members and wider community



SEPTEMBER & OCTOBER 2018 IN THIS ISSUE

- * Executive Team Report
- * Board News
- * Foundation News
- * Wild West Rogues
- * Lifestyle Report
- * Residents Forum
- * Happy Hour
- * Care Education
- * Word Finder
- * Lifestyle Planner

Beauaraba Living Residents were grateful for the very kind donation of many beanies, scarves and blankets. Margaret Bengtsson made the return trip back to Pittsworth to especially hand over the beautiful knitted and crochet items.

Accepting the kind donations are – L-R Ann Stallman, Adrienne Macfarlane, Rhonda Harris, Margaret Bengtsson and Judy Krieg.



Pittsworth Platinum Medical Centre

10 Weale Street, Pittsworth

Telephone: 07 4619 8412

Monday to Friday 8.00am to 5.00pm

Facsimile: 07 4619 8414

www.platinumhg.com.au

Events and Contacts	2/3	Gardens Walk	11
Feedback.....	3	Dinning Room.....	12
Leadership Team	4	Craft & Fine Food	13
Information.....	5	Resident Forum	14 & 15
Board Report	6	Lifestyle Reports.....	15 & 16
Foundation News.....	7	Charter of Care.....	17
Wild West Rogues	7	Fire Safety	17
Care Education.....	8	Word Search.....	18
Op Shop News	9	Lifestyle Planner	19
Happy Hour	10	Supporters Page.....	20

Pittsworth Platinum Medical Centre4619 8412
Pittsworth Medical Centre4693 1900
Women's Health Clinic4619 8422
Podiatrist (for private visit).....4632 1100
Hearing - iHear4638 1277

Remedial Massage Therapist (Judy) 0412 492 657
Optometrist (Megan Sullivan)0410 018 610
Physiotherapist (Jacqueline Scott) ...0418 747 283
Pittsworth Office4693 2255
Child Health Nurse (Mary)4695 3123

Visiting weekly Tuesdays 10.00am to 4.00pm

PITTSWORTH 7 DAY PHARMACY

NEXT TO WOOLWORTHS SUPERMARKET

Shop 8

122-126 Yandilla St

Pittsworth Qld 4356

Ph: (07) 4693 1855

Fax: (07) 4693 1866

OPEN 7 DAYS

Mon - Fri: 8.30am to 6.00pm

Sat - Sun: 8.30am to 12.30pm



Prescriptions · Home Medication Reviews · Vitamins

FEEDBACK

Relatives & Representatives have your say!

We are currently conducting the Relatives Feedback Survey for 2018. The main contact person for each Resident, by now, should have received either a hardcopy survey form or an email with a link to the survey online.

Your feedback is valued and we would encourage everyone to complete their survey as soon as possible. If you have any questions or require another copy or the link again, please phone the Administration Office on 4619 8422.

Thank you, in advance, for your contribution to our Continuous Improvement Program.

Meetings

Monday

Happy Wanderers -Weekly

Wednesday

Caring and Sharing-3rd Wednesday

Thursday

Older Men's Network-Monthly - last

Thursday

Community Carer's Group-2nd Wednesday

Friday

Mothers' Union - Monthly

Friday

Senior Citizens - Weekly

Saturday

RSL - Weekly

Active Residents Groups

Beauvaraba Living Auxiliary ...meet 1st Monday monthly 2.00pm. Education Living Life Centre

 Community Carers Group.....meet 2nd Wednesday monthly 9.30am ... Community Kitchen
 Care Pittsworth.....meet 2nd Wednesday monthly 2.00pm ... Community Kitchen
 Residents Forummeet 2nd Thursday monthly 3.30pm. Norwin



When you need us, we're here for you.

314 James Street Toowoomba (opposite Clifford Gardens)
 Phone: 4634 9946 (24 Hours) Website: ahfunerals.com.au



Judith McGrath-Colquhoun
 Owner & Director

General Manager and Leadership Team ...

With the warm dry winter behind us, we look forward spring and continue to hope for much needed rain for which so many are desperate. Our hearts go out to those families who have been impacted by such harsh dry conditions.

In amongst the dryness we have managed to establish a relaxing oasis for the residents and visitors to our home. The gardens at the front of the facility are looking wonderful and are a great place to sit and soak up the tranquillity, listening to the gentle sound of running water. Adjacent to this is the Reflection Garden where our Tree of Reflection resides. Both are wonderful places to sit and let the worries of the day drift away. We're looking forward with expectancy to the Carnival of Flower's garden competition judging. Our gardening team have done a fantastic job.

We have had a lot of activity over the last two months and just recently enjoyed another Theme Day dressing up in Wild West attire. It could have been the movie set for the Magnificent Seven or John Chisum! We're looking forward to the next theme day on 19 September where we'll be dressing up like Pirates. This day coincides with "Talk Like a Pirate Day" – an awareness and fundraising event hosted by Childhood Cancer Support.

Also on the activity calendar have been some education and information sessions specifically for residents where we have been sharing and discussing a range of topics. These sessions are becoming popular with attendance increasing. See more details in this edition.

Wednesday 29 August was National Meals on Wheels Day. To raise awareness of this community service, the aim was to set a record for the most community roast chicken meals prepared and served in a five hour period. We pulled together to do our bit to achieve the record thanks to Cater Care, the Meals on Wheels volunteers and our admin team.

As far as activity goes, we have listened to your suggestions and worked to provide a fresh dining experience in the Lodge Dining Room. By installing colourful, acoustic partitions we have created a cosy restaurant style dining experience.

It's been two months full of activity with the next 2 month being the same.

Also for this edition I'd like to refresh our knowledge of the organisation's Vision and Mission Statements. These statements are core to our existence as an organisation and the care we provide.

Our Vision is to be a "provider of choice for rural care and accommodation services in the Darling Downs". At the heart of this Vision is the word rural. We believe it is essential for organisations such as ours to be in a position to provide care and services for the rural community – a community many of them call home. We also believe that community extends to the wider region of the Darling Downs.

Our Mission is to "provide compassionate and personalised care through community, respite and residential services while supporting the care recipient's independence and dignity". The care and services we provide, the activities we run are all guided by this

simple but powerful statement.

We look at the values that drive our interactions with our residents, the wider community and even the environment in which we live and work.

Respect – we respect and support each other to achieve our objectives

Integrity – we do what we say we will do

Team Work – we aim to bring happiness to every day

Compassion – We reach out to others in their time of need, showing kindness, giving support and sharing their burdens

Focus – we are clear on our objectives and what is required to achieve them

Innovation – we strive to find ways to support lifestyle options for our residents

Environmental Awareness – we use technology and action to minimise our impact on our environment

All of these things combine to provide the momentum Beauaraba Living needs to be an integral part of the community now and into the future.

Until next time

HELP US TO HELP YOU

Tell us what we do well and how we can improve.

If you have any suggestions or comments, please contact

General Manager

Beuaraba Living

10 Weale Street

Pittsworth Qld 4356

Phone: (07) 4619 8422

Fax (07) 4619 8400

email: care@beuarabaliving.org.au

or

Board Chair

Mrs Ann Garland 0458 931 120

SUGGESTION BOX

Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in the foyers of all buildings. Staff on duty can assist you if required. These forms can then be placed inside the box for daily collection.

or

External avenues that you may use if the issue is not resolved.

Qld Aged and Disability Advocate

- Freecall 1800 818 338

Aged Care Complaints Commissioner

- Freecall 1800 550 552

...Alex, Janet, Adrienne, Kim & Kate

**PITTSWORTH
7 DAY
PHARMACY**

Shop 8

122-126 Yandilla St

Pittsworth Qld 4356

NEXT TO WOOLWORTHS
SUPERMARKET

Ph: (07) 4693 1855

Fax: (07) 4693 1866

Mon - Fri: 8.30am to 6.00pm
Sat - Sun: 8.30am to 12.30pm

OPEN 7 DAYS



Giving away one Hollator
once a month for FREE.
Register your interest now!

A word from the Board, for the Tattler.

As a not for profit organisation, Beauaraba Living Board is ultimately responsible for the outcomes of the organisation. That is the strategic direction to provide for the delivery of quality care to our residents, and ensuring the facility survives as a financially sustainable enterprise to deliver that care, while employing competent staff who gain satisfaction in their roles.

Beauaraba is fortunate to have a dedicated voluntary Board of 7 members who enjoy a constructive relationship with the staff who deliver the care our residents need.

Currently the demand for care beds in our facility outstrips our ability to meet that need, therefore the Board, along with senior staff and consultants has been developing plans to construct the necessary new infrastructure to meet those needs.

While the necessary planning for this expansion is well advanced and still has some way to go before we are able to provide these much needed care places, the Board is committed to its delivery as soon as possible.

On behalf of the Board I would like to acknowledge the support from residents, their families, staff and the community for this great facility.

Graham Clapham - Deputy Chair.



**MIGHTY HELPFUL®
MITRE 10**

*For all your building
and hardware needs*

PITTSWORTH HARDWARE
74 Yandilla Street Pitts-
worth

Phone 4693 1333

Fax 4693 2191

OPEN 7 DAYS

• FURNITURE • BEDDING • WASHING MACHINES • FRIDGES • AIR CONDITIONERS • TVS • SMALL APPLIANCES

PITTSWORTH BETTA
UNDER NEW MANAGEMENT!

ROB & KATE

ROBERT

Pittsworth Betta HOME LIVING

PITTSWORTH BETTA HOME LIVING
51 Yandilla St, PITTSWORTH | Ph: (07) 4693 1467
www.betta.com.au | Email: pittsworth@my.betta.com.au

FURNITURE ZONE

GO LOCAL
THAT'S BETTA!



Hello Residents and Supporters, I trust you are all keeping well as we still look to the skies for the rain. Congratulations to Greg for keeping the gardens looking their best, it is difficult in these conditions. Spring Garden Competition judging will be on Friday October 5th.

The Foundation Golf Day was a financial success thanks to our sponsors, playing numbers were down but that seems to be the trend to-day as the Golf Committee were telling me. Our next fundraiser is the Spring Postie Fashion Parade on Saturday September 29th at 1.00pm at the Function Centre. Hosted by our wonderful supporter Sue Rogers. Jean and I will be sending out the invitations in early September.

The Tree of Reflection leaves are selling steadily. I do encourage families to purchase one and have it engraved as a special memory of a loved one. This is a fundraising project for the Foundation.

The Pittsworth Woodcrafters have kindly made a sign to be placed on the pelmet, and have donated it to the Foundation.

Until next time, **Ros Scotney - Chair.**

Rogues Wanted - Reward offered for Capture on Wild West Day



At one of the resident meetings, it was asked for regular education similar to that which the staff received. So, I have taken on the challenge, and over the past several months all interested residents have come along to a monthly education session.

Topics covered so far include: Dealing with conflict, Influenza Season; Continence; Communal Living and Communicable Diseases.

As each month arrives the number of residents attending has increased and the feedback is extremely positive. Personally, I feel that discussing such topics that are traditionally kept quiet (e.g. Continence & Communicable diseases), opens the ability for everyone to realise that issues do not have to be kept close to the heart, no one is alone, and residents are given a point of contact to talk of personal concerns after the sessions (in confidence).

Next session will be held at 2pm on the 6th of September and the Beauaraba Living residents have asked to learn about Dementia, and they would like to invite any family

members interested along to have a listen.

So please come along if you are interested.

CC – Educator, Kim

**PITTSWORTH
PHOTOS**



NOW OPEN at 50a Short Street

Phone 4693 3310

e: pittsworthphotos@outlook.com

Mon, Tues, Wed, Fri 9am - 4.00pm

Thurs 9am - 5pm Saturday Closed

Digital Photos • Downloading
Scanning • Frames • Albums
Watch Batteries • Pins
Bands and much more

Personal assistance is our pleasure



Cains Pharmacy
**Where local health
matters**

63 Yandilla Street,

Pittsworth, Qld 4356

Email: pittsworthpharm4356@gmail.com

Mon—Fri 8.30am—5.30pm and Saturday 8.30—12 noon



Ph: 07 4693 1028

Fax: 07 4693 1689

Recently, St Stephens School donated lots and lots of clothes, books, toys and other goodies to Beauaraba Living Op Shop. The Students presented them at a weekly special St Mary Mackillop assembly.



Students were all hands on deck to load up the car. These were taken to the St Andrew's Hall ready for the winter sale.



Above: Shown here are – Judy K, Marcia H, Annette K, Pam C and Anita R ready to set up shop in the Hall.



DARCY KNAUTH

QBSA 1175684

- ◆ Tap & Toilet Repairs
- ◆ Burst Pipes
- ◆ Gas Installation & Repairs
- ◆ Hot Water System/Solar
- ◆ Roofing & Guttering
- ◆ Blocked Drains

R RELIABLE
P PROFESSIONALISM
G GUARANTEED

0448 772 201

Pittsworth and Surrounding Areas

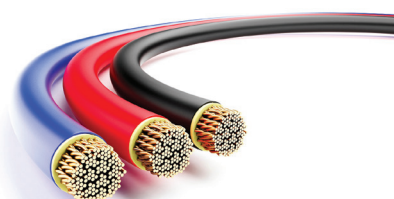
Hubinger Electrical Pty Ltd

Gavin Hubinger

Phone: 07 4693 2810

Mobile: 0429 890 570

Contractor No: 52 436





Happy hour was entertained by the Barber Shop Singers who travelled from Toowoomba and Crows Nest.



DAYTIME SERIES DATES

Thursday 4th October 11.00am
Feeling Groovy

Sunday 28th October 3.00pm
QLD Pops (TBC)

Thursday 8th Nov
11.00am Livvy & Pete

Let us help you hear better and get more out of life.

ihear
Life is worth hearing

Locations around
the Pittsworth area!

ihear, your local hearing specialists

If you have trouble hearing we have a wide range of solutions to suit all types of hearing loss, lifestyles and budgets.

If you are a Pensioner or Veterans Affairs card holder you may be eligible for **FREE** hearing services on behalf of the Government Office of Hearing Services.



BOOK YOUR APPOINTMENT NOW 4638 1277



Entering the Chronicles and local garden competitions. The residents and staff are admiring the beautiful gardens whilst walking around.



LINDENBERG
Est. 1898 & CO. PTY. LTD.

MOTOR & MACHINERY DEALERS



39 Yandilla Street Pittsworth Q 4356 • Phone: 07 4693 1322
Fax: 07 4693 1643 • www.lindenbergco.com.au

New dining experience in the Lodge Dining Room – After many months and many suggestions from the resident body, Beauaraba Living Auxiliary have been able to assist in our beautification program. These beautiful coloured sound proofing partitions make for an enjoyable dining experience. Residents have all expressed great delight voicing their happiness through the table chatter that the staff and visitors have noticed.



Pittsworth Chiropractic Centre

Dr Karen M. Rock
Chiropractor
Palmer University, U.S.A.
B.Sc. Canada

82 Yandilla St, Pittsworth. 4356
Ph: 07 4693 2111

Tue & Thur 2pm-6pm
Wed 9.30am-1pm
Sat 8am-finish

www.pittsworthchiropractic.com.au



TRANSTATE TYRES - SALES & SERVICE

Ph: 07 4693 3462
Mob: 0400 270 765
E: admin@swtw.com.au

97 Yandilla Street
(Across from Woolworths)
PO Box 516
Pittsworth QLD 4356

MAKE SURE YOUR TYRES ARE SAFE. FREE TYRE AND BATTERY CHECK AT ANY TIME. JUST COME IN.

Passenger, 4-Wheel Drive, ATV, Agricultural and Truck Tyres; Lubricants and Batteries.

5% Discount for Senior Citizens with this Advertisement

**FREE
ENTRY**

14TH ANNUAL

Pittsworth **Craft & Fine Food Spectacular**

"Colour, Candies and Candles"

**PITTSWORTH TOWN HALL
Friday 12th, Saturday 13th
and Sunday 14th October 2018**

DOORS OPEN TO THE PUBLIC 9AM ALL THREE DAYS
Friday & Saturday open till 5pm • Sunday till 1pm
Devonshire teas & Light lunches available

Thursday 11th October Launch

"Champers, Coffee & Dessert"

7pm - 9pm at the Town Hall

PRE-PURCHASED TICKETS ONLY AVAILABLE FROM
Rhonda's Rag Trade (0429 093 207) & Yandilla Rose (4693 3968)
Launch patrons have first opportunity to shop from 7pm - 9pm

SHOWCASING THE WORK OF OVER 50 EXHIBITORS

All quality handmade Australian products

- Gifts • Clothing • Leather Belts • Handbags
- Gourmet Delights • Artwork • Jewellery • Wines
- Wood Turning • Pottery • Toys • Confectionery
- Natural Skin Products • Plants • Garden Ornaments

www.pittsworthcraftandfinefoodspectacular.com.au

Ph 0437 672 472 • Email craftffs@bigpond.com

An initiative of the Anglican Parish of
St Andrew, Pittsworth



COMING EVENTS 2018

August 31st, September 1st & 2nd

21st Year of Pittsworth Car Sprints

Open 5th - 14th October

Spring Art Exhibition • 50 Short Street, Pittsworth

5th, 6th & 7th October

Millmerran Camp Oven Festival

12th - 18th November

Gidgee Coal Bush Ballads Week

In conjunction with Craft & Fine Food event

12th, 13th & 14th October

- Crafty Quilters Exhibition & Sales
- Prize Winning Spring Gardens • Decorated Business Windows
- St Andrew's Church Magnificent Stained Glass Windows

SATURDAY IN CENTENARY PARK

13th October (adjacent to Town Hall)

- BBQ & Other Food • Entertainment & Children's Activities
- Plant Stall & Adornments for the Garden

We gratefully acknowledge our sponsors

Grange Country Villas • Pittsworth Hotel Motel
Raff Farm Supplies & Mitre 10 • Toowoomba Regional Council

Mark Droney Real Estate • Pittsworth Confectionery

Bernays Lawyers • David O'Brien Accountants • J&B Faux Electrical
Goodyear Autocare • Heritage Funerals • Lindenberg & Co
McKinlay's Nursery • Olam Select Pulse Foods • Pittsworth Metals
Pittsworth Motor Inn • Pittsworth Plaza Chemist
Pittsworth Shady Rest Caravan Park • Selected Seeds • Wheatshaf Bakery

Aden Lawyers • Ashton's Butchery • Channel 7 • Golden Grain Motel
Pittsworth Meats • Rhonda's Rag Trade • Woolworths

MANY THANKS ALSO TO

Burstows • Cain's Pharmacy • Condamine Clothing • Heritage Bank • John's Hair Studio
Loo La Belles • McLean Farms • NAB • Pittsworth Betta Home Living • Pittsworth Post Office

Information on this flyer is correct at time of printing



**Rural - Residential - Clearing Sales
Property Management Specialists**

We offer free market appraisal, no obligation.

Visit us at 65 Yandilla Street, Pittsworth

or ring our Office 4693 1644

e: sales.pittsworth@raywhite.com

Contact the specialists in real estate.

**Ray White - RURAL
Pittsworth**

Food services – new chef Angela was introduced to the residents. General discussion on concerns Angela took on board to address the issues raised.

Birthday Names on Planner – request residents go on internal planners and not in Tattler

Flu Season – reminded all residents of flu season so far not 1 case been reported, due to residents 98% and staff 85% had Flu Needles.

Lifestyle subcommittee – trial Meditation and Sentinel reading, Trial Visualisation back on August planner, Technology activities – review idea and put on planner, Afternoon Coffee Shop outings – July residents stated very enjoyable outing and would like to see it happen regularly, More bus outings, Fruit trolley – general discussion as most residents feel there is sufficient fruit available to all residents in each area review calling in.

Happy Hour – discussed food offered at Happy Hour and close to meal time suggested residents place a small light meal on Friday evening.

Food Services subcommittee – lists of food preferences made to take to Management for consideration.

Food Services – Jam choice has improved.

All residents are happy with choice of meals at lunch time.

Lifestyle subcommittee – music for meditation could be a little louder. Enjoying the Sentinel reading. Implementing a “self-massage” program on Thursdays. Fruit trolley – wondered if necessary to have them call, as all feel there is plenty of choice “fresh fruit” provided. Happy hour going well, really enjoyed Celebratory Heads. Weekend activities – Bob’s and croquet are going well. CC Wild West Major Theme Day 21 August – residents and staff encouraged to dress up, will have a photo booth operating to add some fun.

Outings approved include – extra coffee shop outing per month, Acland Coal Mine Tour including lunch at Oakey RSL, Darling Downs Zoo, Gnome Farm near Leyburn. Costings of activities to be discussed. Now September is here, all agreed that the walking group commence 7am.

Food Services subcommittee – Meal suggestions were forwarded to Leadership Team and CC. Spring menu starts soon.

General – Viv would like to pass on thanks to the night staff and everyone involved in being so efficient on the night of the intruder. All agreed, and felt Leadership team should be commended for calling



**PITTSWORTH
HOTEL MOTEL**
CNR YANDILLA & BRIGGS ST, PITTSWORTH - CENTRE OF TOWN

Ph 4693 1999 • Cellars 4693 2216 • Fax 4693 1347
E: admin@pittsworthhotelmotel.com • www.pittsworthhotelmotel.com

**PITTSWORTH
HOTEL MOTEL**

Licensee A. J. Carpenter

- MOTEL UNITS
- BISTRO
- FUNCTION ROOM
- TAB • KENO • POKIES
- CELLARS
- DRIVE THROUGH

the Residents together and giving such a precise explanation of the events. Also felt the Police should be thanked for their involvement and timely support. Unanimous vote that Thankyou note be sent to all involved from the Resident Forum. It was also appreciated that a Leadership Team member asked Residents how they felt about their safety and security in the facility and followed up with our family members. These actions are very appreciated by all Residents.



LIFESTYLE REPORT

WOW, winter has definitely arrived with lots of chilly frosts, but unfortunately no substantial rain.

Afternoon Tea Bus Outings continue to be popular, so we have scheduled more last month in August. Due to the popularity of the bus outings we will try to schedule a couple extra in to increase the opportunity to get out into the country.

The Barber Shop Entertainers joined us for Happy Hour again on the 17th August, everyone present enjoyed their performance.

The newly formed Lifestyle and Food Services Sub Committee's have met and

made their first reports to July's Resident Forum Meeting and again in August. Thankyou to all those Residents for volunteering to serve on these committees. Your input is invaluable.

Lifestyle Sub Committee have come up with a list of suggested activities to be added to the planner. Some were added to August planner.

Food Services Sub Committee have come up with suggestions to submit to Management, of food they would like to see on the menu. This list was added to at the Resident Forum, and has since been submitted to Management.

Cater Care held a 'Wild West' Major Theme day on the 21st August. Staff and residents dressed up on the day, so everyone check out the photos in this issue. The photo booth on the day was very popular.

Until next month, stay well and stay engaged,
Lifestyle Team

SUPPLY AND SERVICE

- *Team Wear
- *Corporate/Work Wear
- *School Wear
- *Embroidery
- *Sublimation
- *Screen Printing
- *Heat press
- *Gift Lines
- *Promotional Products
- *Banners/Stickers

NOW SUPPLYING TROPHIES

Proudly Supplying Beuaraba Living Uniforms

CONDAMINE CLOTHING

tel: 4693 2055

Pauline
0418 738 148

condamineclothing@bigpond.com
www.condamineclothing.com.au
Facebook: condamineclothing

The **Grange**
Country
Villas
Independent Living Units

For more information
or to view the units
**Phone Diane on
4693 1718**

17 Short Street, Pittsworth.



**This family owned and
operated village offers:**

- ♦ Large 2 bedroom units
- ♦ Beautiful, spacious grounds
- ♦ Do as much or as little in the garden as you like.
- ♦ Help on hand for maintenance
- ♦ Personal service you can't find in larger villages

Come and see us at
The Grange!

Welcome to Spring.

As you can see by the photo's, everyone had a fun time at the recent Cater Care Major Theme day, 'Wild West'.

The Lifestyle Sub Committee has held several meetings, and bought forth a number of suggestions to the Resident's Forum Meeting. These suggestions were approved, and you will start to see these added to the Planner. Including, Resident driven craft session, and while the ladies are busy with craft, the Men will be offered a bus outing. Additional Coffee Shop visits, we will now go twice a month, allowing more opportunities for people to go. Several alternate suggestions for bus outings. On Monday and Tuesday, we follow exercises with Meditation. On Wednesday, with reading of The Sentinel, Thursday we do self massage, and Fridays Movement to Music. Staff have been busy incorporating numerous different exercise routines to keep Residents interested and active. It's great to see the Gym is being used by more Residents. Residents voted to resume 7am walks in September.

Residents report that weekend Bob's & Croquet are coming along, and are well attended. Weekend Bingo is going well, and numbers are increasing. We are

fortunate to have so many Residents who are willing to support weekend activities, ensuring everyone has the opportunity to participate over weekends.

On Wednesday the 12th September, we have managed to book in a tour of Queen's Park Gardens, through the Toowoomba Regional Council. We have also booked another tour of the gardens for the 3rd October. I'm sure these trips will be very popular. They are both late tours, so Residents will be back for a late lunch.

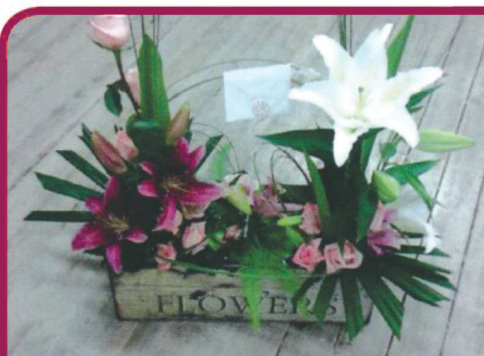
Cater Care are hosting a Hawaiian & Pirate Theme day on 19th September, to coincide with 'Talk Like A Pirate Day'.

The Food Services Sub Committee have met several times, and come up with suggestions to present to the Leadership Team to approve before passing on the Cater Care. Cater Care pass all their menu's through a Nutritionalist, and Residents are aware that some of these changes will take time. Thank

you to the Residents who volunteered to participate in these Sub Committee groups, your efforts are appreciated by all.

Stay well and stay engaged,

Trish and the Lifestyle Team.



- Fresh Flowers
- Artificial Flowers
- Quality Gifts
- Balloons



P: 07 4693 3968 • M: 0418 747 971
64 Yandilla Street Pittsworth
Email: yandillarose@bigpond.com

Charter of Care Recipients' Rights and Responsibilities – Residential Care Aged Care Act 1997, Schedule 1 User Rights Principles 2014

1. Care recipients' rights - residential care

Each care recipient has the following rights:

- to full and effective use of his or her personal, civil, legal and consumer rights;
- to quality care appropriate to his or her needs;
- to full information about his or her own state of health and about available treatments;
- to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- to live without discrimination or victimisation, and without being obliged to feel grateful to those providing his or her care and accommodation;
- to personal privacy;
- to live in a safe, secure and homelike environment, and to move freely both within and outside the residential care service without undue restriction;
- to be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
- to continue his or her cultural and religious practices, and to keep the language of his or her choice, without discrimination;
- to select and maintain social and personal relationships with anyone else without fear, criticism or restriction;
- to freedom of speech;
- to maintain his or her personal independence;
- to accept personal responsibility for his or her own actions and choices, even though these may involve an element of risk, because the care recipient has the right to accept the risk and not to have the risk used as a ground for preventing or restricting his or her actions and choices;
- to maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions;
- to be involved in the activities, associations and friendships of his or her choice, both within and outside the residential care service;
- to have access to services and activities available generally in the community;
- to be consulted on, and to choose to have input into, decisions about the living arrangements of the

residential care service;

- to have access to information about his or her rights, care, accommodation and any other information that relates to the care recipient personally;

- to complain and to take action to resolve disputes;
- to have access to advocates and other avenues of redress;

- to be free from reprisal, or a well founded fear of reprisal, in any form for taking action to enforce his or her rights.

2. Care recipients' responsibilities - residential care

Each care recipient has the following responsibilities:

- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;

- to respect the rights of staff to work in an environment free from harassment;

- to care for his or her own health and wellbeing, as far as he or she is capable;

- to inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and current state of health.

Fire Safety...

To enhance Resident and visitor safety we wish to remind everyone of the process to follow in the event of the fire alarm sounding. Signs have been placed through the facility to prompt every one of the steps to take. Should you have any questions please ask staff on duty or contact the facility on 4619 8422

MARK DRONEY

pty ltd

REAL ESTATE AND AUCTIONEERS

Mark Droney

0409 118 462

mark@markdroneyptyltd.com.au

Shop 2

49 Yandilla Street Pittsworth Q 4356

t: (07) 4693 2300 f: (07) 4693 2933



S	R	E	P	M	A	E	L	E	E	W	S	T	M
M	A	E	G	H	T	S	U	F	N	W	F	N	L
S	I	R	N	W	W	E	S	S	I	I	M	V	S
N	N	I	I	I	L	A	E	S	H	S	N	L	S
O	T	S	M	N	A	S	L	S	S	R	E	L	E
W	L	H	M	T	S	O	C	P	N	E	E	A	V
M	I	T	I	E	P	N	I	R	U	W	I	F	A
A	F	H	W	R	R	A	C	I	S	O	M	A	E
N	S	S	S	I	E	L	I	N	I	L	E	I	L
S	E	E	W	A	C	I	P	G	S	F	S	T	I
A	E	T	A	L	O	C	O	H	C	T	O	H	O
N	S	F	C	A	M	M	I	R	E	M	M	U	S
R	F	L	I	P	F	L	O	P	S	E	H	S	G
E	K	A	R	O	S	A	G	A	L	O	L	M	N

SEASONS

HOT
CHOCOLATE
SPRING
LEAVES
SNOWMAN
FLOWERS
FLIP FLOPS
SEASONAL
SUNSHINE
SUMMER
SWIMMING
WINTER
RAKE
ICICLES
RAIN
FALL

Compiled by
Hilda Baker

bernays

ESTABLISHED 1898

L A W Y E R S

Level 2, 516 Ruthven Street
Toowoomba Qld 4350

Phone (07) 4632 1266

Fax (07) 4638 4595

P.O. Box 31, Toowoomba

Direct email: dpower@bernays.com.au

email: bernayslegal@bernays.com.au

Visiting office:

132 Yandilla Street, Pittsworth

Ph: (07) 4693 1023

Lifestyle Planner - September 2018



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Community Participation Monday - Happy Wanderers 2nd Wed of Month - Community Carer's meet Thursday - Hairdresser Friday - Senior Citizens Saturday - RSL Cards	Nail Care: 5th Kincora, Norwin, Athol & Broxburn 12th Lodge 19th Felton & Irongate 26th Kincora, Norwin, Athol & Broxburn	Happy Birthday Morning Tea on 27/9/18, in Norwin. Come along and help celebrate birthdays for those born in September !!			1 10:30 Bingo with Kev 3:30 Croquet	2 Happy Fathers Day!!! 10:30 Bingo with Kev 3:30 Bobs in Kincora
3 9 Exercises / Meditation 10:30 Bush Poetry Morning 3:30 The Travel Bug— 'Germany, Holland'	4 9 Exercises / Meditation 10:30 Bingo with Betty & Crew 2:00 Ice Cream Parlor 3:30 Quiz / Trivia	5 Fruit Man 9 Tai Chi / Sentinel 10:30 Indoor Bowls Cooking 1 Garden Club Meeting 3:30 Cards with Betty & Crew	6 9 Exercises / Self massage 10:30 Friendship Morning Concert - 2 Resident Info Session 3:00 Bus Outing 3:30 Board games / cards	7 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Anglican Service 2:00 Happy Hour	8 10:30 Bingo with Kev 3:30 An Hour with Viv	9 10:30 Bingo with Kev 3:30 Bobs in Kincora
10 9 Exercises / Meditation 10:30 Sing-a-long 3:30 This n That	11 9 Exercises / Meditation 10:30 Bingo with Betty & Crew 2:00 Ice Cream Parlor 3:00 Afternoon Tea Bus outing 3:30 Board Games	12 Fruit Man 9 Tai Chi / Sentinel 10:30 Bus Outing to Queen's Park Cooking in Kincora 3:30 Cards with Betty & Crew	13 9 Exercise / Self massage 10:30 Friendship Morning Concert - 2 Brenda's Day Care 3:30 Residents Forum Meeting	14 9 Tai Chi / Movement to Music 10:30 Catholic Service 2:00 Happy Hour	15 10:30 Bingo with Kev 3:30 Croquet	16 10:30 Bingo with Kev 3:30 Bobs in Kincora
17 9 Exercises / Meditation 10:30 Petal Puzzle 3:30 The Travel Bug— 'Indonesia'	18 9 Exercises / Meditation 10:30 Bingo with Betty & Crew 2:00 Ice Cream Parlor 3:30 Reminiscing with Fay	19 Fruit Man 9 Tai Chi / Sentinel 10:30 Indoor Bowls Cooking CCA Hawaiian & Pirate 3:30 Cards with Betty & Crew	20 9 Exercise / Self massage Men's Shed outing 10:30 Friendship Morning Concert - 2 Brenda's Day Care 3:00 Bus Outing 3:30 Board games / Cards	21 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Lutheran Service 2:00 Happy Hour	22 10:30 Bingo with Kev 3:30 An Hour with Viv	23 10:30 Bingo with Kev 3:30 Bobs in Kincora
24 9 Exercises / Meditation 10:30 Sing-a-long 3:00 Painting with Lyndall & Friends	25 9 Exercises / Meditation 10:30 Bingo with Betty & Crew 2:00 Ice Cream Parlor 3pm A/Tea bus outing 3:30 Quiz / Trivia	26 Fruit Man 9 Tai Chi / Sentinel 10:30 Indoor Bowls Cooking 3:30 Cards with Betty & Crew	27 9 Exercise / Self massage Happy Birthday M/Tea 10:30 Friendship Morning Concert - 2 Brenda's Day Care 3:00 Men's Bus Outing 3:30 All Things Craft with Maxine	28 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Uniting Service 2:00 Happy Hour	29 10:30 Bingo with Kev 3:30 Croquet	30 10:30 Bingo with Kev 3:30 Bobs in Kincora

SUPPORTERS OF BEAUARABA LIVING



Ros Scotney

Chairperson

Beauraba Living
Foundation

contact me on

Mob: 0427 578 264

or

roslynscootney@gmail.com



**Pittsworth
Art Gallery
& Visitor
Information
Centre**



50 Short Street Pittsworth

Open 10am to 1pm daily

Phone Lyndall 4693 2510



Graham Clapham

'Tathra'

Cnr Brookstead Norwin Road
& Clapham Road
Norwin Q 4356

P 07 4668 0260

M 0429 700 496

E claphamfarming@bigpond.com



FOR QUALITY LOCAL SERVICE

45 Yandilla St. Pittsworth

PHONE 4693 3753

Monday-Friday 9am-5pm

Saturday 8.30am-12.30pm

Pensioner discounts on Mondays

*Colours & Foils
Precision Cutting*

Up Styling

Hair Extensions

*Facial Waxing
& Tinting*



**ROTARY CLUB
OF PITTSWORTH
District 9630**

Meeting every Wednesday
6.30pm at Pittsworth Hotel Motel

New members welcome

Club email: pittsworth@rotary9630.org

PO Box 21, Pittsworth Q 4356

<http://pittsworth.rotaryclub.asn.au>

Postie
POP-UP ♥ BOUTIQUE

visit my website

www.postie.com.au/stylist/suerogers

0428 937 253

suespostie@hotmail.com

Sue Rogers Postie Stylist

Sue Rogers
Postie Stylist



Pittsworth FM 87.6

www.pittsworthfm.com
radio@pittsworthfm.com

Millmerran FM 87.6

www.millmerranfm.com
radio@millmerranfm.com

Phone 07 4634 7466

Amazing MediaCasters Pty Ltd
ABN 88 131 632 418



Meals on Wheels
Queensland

Volunteers deliver meals Mon-Fri

Directly to your home

Contact Meals on Wheels

0427 586 684

**Thomo's
Pittsworth
Meats**

Ph/Fax: **4693 1032**

**Producing the best quality meats on the Darling Downs.
Proudly supplying Beauraba Living**



Pittsworth Mechanical

Ph 4693 3880

Richard 0408 494 480

4 Wattle Street Pittsworth
email: pittsworthmechanical@hotmail.com