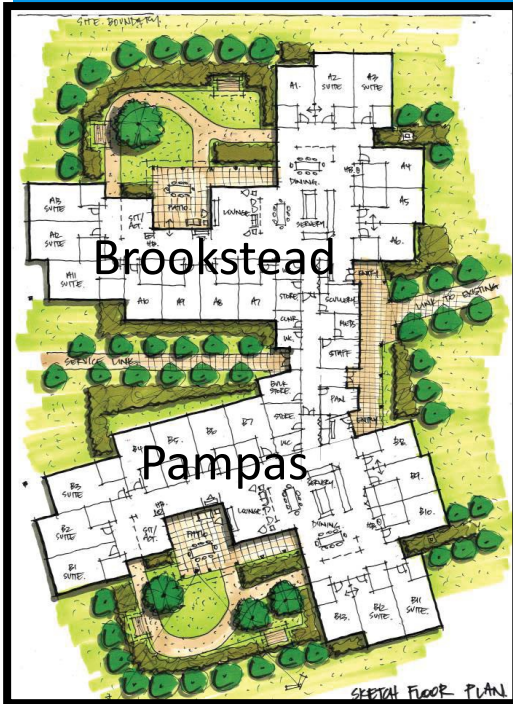


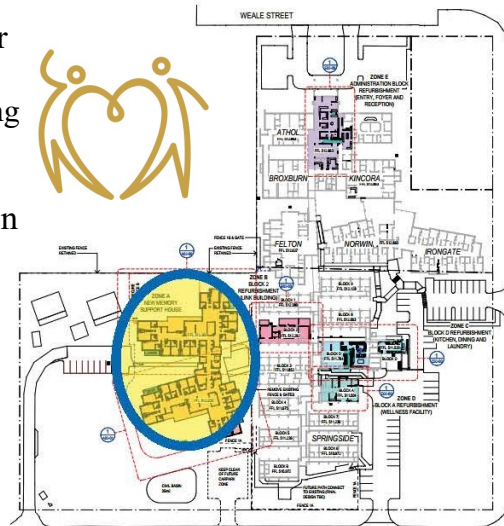
July / August 2019

The Tattler

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



General Manager
Alex Metcalf
sharing the exciting
news, work on
Stage 3 building
project preparation
has begun.



July & August 2019 *in this issue*

Executive Team Report, Board News,
Lifestyle , Report, Welcome to the Jungle photos, Residents Forum, Word Find
Infection Control, New* Residents' Charter of Aged Care Rights'
Plus all your regular features.



Pittsworth Platinum Medical Centre

10 Weale Street, Pittsworth

Telephone: 07 4619 8412

Monday to Friday 8.00am to 5.00pm

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Pittsworth Platinum Medical Centre	4619 8412	Physiotherapist (Jacqueline Scott)	0418 747 283
Pittsworth Medical Centre	4693 1900	Pittsworth Office	4693 2255
Women's Health Clinic	4619 8422	Child Health Nurse (Mary)	4695 3123
Podiatrist—Private Visits	4632 1100	Visiting Tuesday weekly 10.00am to 4.00pm	
Hearing iHear	4638 1277		

Active Residents Groups:

Beauaraba Living Auxiliary	meet 1st Monday monthly 1.30 pm	Education Living Life Centre
Community Carers Group	meet 2nd Wednesday monthly 9.30am	Community Kitchen
BLA—Care Pittsworth	meet 2nd Wednesday monthly 2.00pm	Community Kitchen
Residents Forum	meet 2nd Thursday monthly 3.30pm	Norwin

Events:

Monday	Happy Wanderers	Weekly
Wednesday	Caring and Sharing	3 rd Wednesday
Thursday	Older Men's Network	Monthly – Last Thursday of Month
Friday	Mothers' Union	Monthly
	Senior Citizens	Weekly
Saturday	RSL	Weekly

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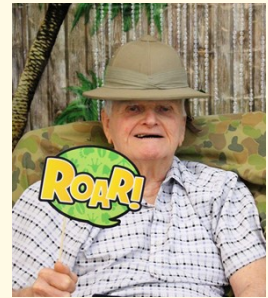
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Prescriptions · Home Medication Reviews · Vitamins

Cater Care Theme Day Welcome to the Jungle



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Judith McGrath-Colquhoun
Owner & Director

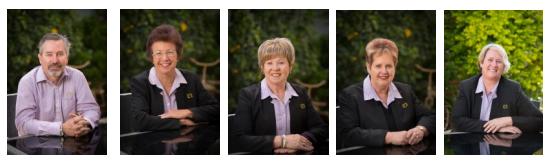
We are again excited to bring you the latest news on the Stage 3 building project. As you can see from the photos included we have started to establish the building site. All things are now in place for us to commence the project in July. The new 26 bed extension, two 13 bed memory support houses, will be situated on the western side of the Lodge. The ideal location, ensuring efficient connection to the rest of the facility, necessitates the demolition of four of the independent living units. While these units have served the organisation well since their construction, increasing maintenance expenses and no longer being fit for purpose for the accommodation of elderly tenants has compromised their useful life. Their removal will make way for a modern home like environment for the elderly requiring care and services we cannot provide in the current setting.

Names have been selected for each house – **Brookstead** to the north (closest to the Bowls Club), and **Pampas** to the south. If you wish to have a closer look at the plans feel free to make an appointment. If you happen to drive past you will see the building site being set up to the west of the Lodge.

This is a project that will have significant challenges. On completion however it will provide a modern facility that will see the organisation well into the future. We will continue to provide regular updates to keep you all informed or if you have some questions feel free to give us a call.

By the time you read this the 1 July deadline for changing to the new Aged Care Quality and Safety Commission Standards has come and gone. The new Charter of Aged Care Rights has also come into effect. Legislation requires all new residents to sign a copy of the Charter from 1 July. All existing residents must also sign by 1 September. In subsequent Tattler editions and resident forums we will provide you with ongoing information and updates.

I was fortunate to take a few weeks leave over May, enjoying a trip overseas with my daughter and some friends. While I enjoyed some time away it looks like a few of the residents and staff enjoyed time playing in the jungle! Dressing up, taming tigers, talking with parrots and driving through the dense jungle seemed to be the favourite activities in our Welcome to the Jungle theme day. There are lots of photos to see inside this addition. Our care team at all levels continue to strive to provide the best care possible. However, should you have any concerns or wish to provide some positive feedback please contact our staff who will be able to help you in this process. I cannot stress enough how important it is to receive this feedback – compliment or complaint. It is fundamental to our continuous improvement process. Until next time



Alex, Janet, Kate, Adrienne, Kim



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FURNITURE 2

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General Manager

Beauaraba Living

10 Weale Street

Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: admin@beauarabaliving.org.au or

Board Chair

Mr Graham Clapham 0429 700 496

Follow Beauaraba Living on Facebook



Suggestion Box: Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in all the foyers. 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 & Disability Advocacy

- Freecall 1800 818 338

Aged Care Quality and Safety Commission

- Freecall 1800 951 822
- agedcarequality.gov.au

Beauaraba Living Auxiliary



Shop Opening Hours

Monday	9am to 4.30pm
Tuesday	9am to 4.30pm
Wednesday	9am to 4.30pm
Thursday	9am to 4.30pm
Friday	9am to 4.30pm
Saturday	9am to 11.30am

New Volunteers are Welcome

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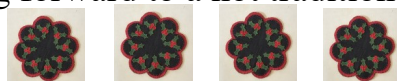
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LIFESTYLE REPORT

Welcome to July, and chillier weather!! In June we welcomed the children from St Stephen's School, and had a wonderful visit with them. After their visit, Residents commented on how surprised they were by the children's high standard of reading. It was lovely to have the children again to share Catholic Service on the 14th. A big 'Thankyou' to the dedicated teachers who make these visits possible. St Stephen's are looking at possible dates to come again next term.



On the 12th Cater Care hosted a 'Mexican' themed lunch. This certainly provided us with different flavours. In July, Cater Care are hosting a 'Christmas in July' on the 24th. The majority of Residents are looking forward to a hot traditional Christmas lunch.



Darling Downs Men entertained us for World Music Day on 21 June through Happy Hour. This group of gentlemen are always popular and put on an enjoyable show for us.

We will be resuming our Choir practice in July on most Tuesday afternoons, with a view to be putting on a concert perhaps in September. All are welcome.



On Monday the 15th July, we welcome the McGrath's. They have been entertaining for over 40 years, and they include a wide variety including Evergreen, much loved songs from the 50's and 60's, with some Country Music, plus some of their own original songs.

*Stay well and stay engaged,
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Lifestyle Continued



*Till next time, stay well and engaged,
From the Lifestyle Team.*

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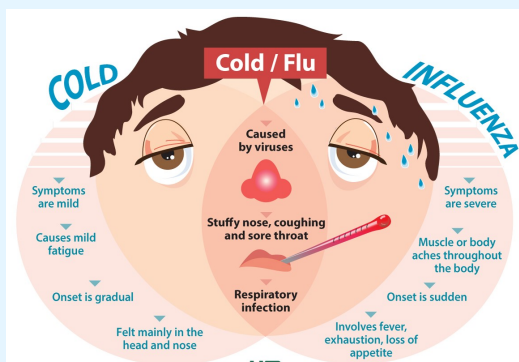


Toowoomba Podiatry—Judith France

Phone — **07 4632 1100**

325 Margaret Street, TOOWOOMBA QLD 4350

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Infection Control

The influenza season has hit Queensland full force this year, to date there has been nearly 15,000 confirmed cases, and unfortunately way too many deaths. It is pleasing to see that all of the eligible residents of Beauraba Living have had the vaccine and now nearly 80% of staff have also received this vital protection.

The Influenza vaccine aids to protect yourself, your family and friends from this deadly disease, but does not guarantee that you will not get 'the flu'. So it is still very important that if you or your visitors have any signs or symptoms (runny nose/nasal congestion; sneezing; fever; cough; headaches with aches/pains and fatigue) that you isolate yourself from others to reduce risk of passing this onto others. This includes family/visitors/community members who are requested to not visit at any time whilst they are unwell.



Kim Solomon

Care Coordinator/Staff Development

P: (07) 4619 8422 F: (07) 4619 8400

E: Kim.Solomon@beaurabaliving.org.au

A: 10 Weale Street, Pittsworth, QLD, 4356.

W: www.beaurabaliving.org.au



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Chiropractor

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Housework, if you do it right, will kill you.

Seize the moment. Remember all those women on the *Titanic* who waved off the dessert cart.

All of us have moments in our lives that test our courage. Taking children into a house with a white carpet is one of them.

Kids have little computer bodies with disks that store information. They remember who had to do the dishes the last time you had spaghetti, who lost the knob off the TV set six years ago, who got punished for teasing the dog when he wasn't teasing the dog.

When your mother asks, 'Do you want a piece of advice?' it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.

Have you any idea how many kids it takes to turn off one light in the kitchen? Three. It takes one to say, 'What light?' and two more to say, 'I didn't turn it on.'

Housework is a treadmill from futility to oblivion with stop-offs at tedium and counter productivity.

My theory on housework is, if the item doesn't multiply, smell, catch on fire or block the refrigerator door, let it be. No one cares. Why should you?

Never go to your high school reunion pregnant or they will think that is all you have done since you graduated.

The only reason I would take up jogging is so that I could hear heavy breathing again.

People shop for a bathing suit with more care than they do a husband or wife. The rules are the same. Look for something you'll feel comfortable wearing. Allow for room to grow.

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Board— *A Word from the Board,*

By the time this issue of the Tattler goes to print, the Board along with senior management hope that the new building and upgrade project that has been in planning for some time now, has progressed to the signing of the construction contract.

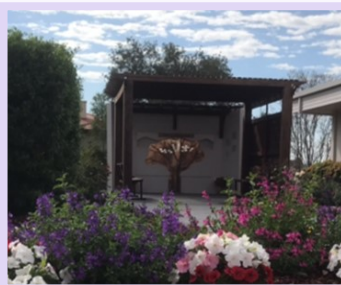
Details of the two new 13 bed wings have reached the final stages of planning, as have the financial arrangements required to fund the project. While this project has its challenges, the Board and management are focused on the opportunity it offers to allow Beuaraba Living to offer more care beds to those in this, and the wider community who need care.

During May, the Board conducted a strategic planning workshop, where various initiatives were canvassed to ensure that the Board is operating responsibly and meeting all legal requirements under the new Aged Care Standards. A number of issues requiring attention were identified, these will be the subject of further action from the Board and senior management in the future.

I have noticed a steady increase in the leaves being attached to the Tree of Reflection. This tree, an initiative of the previous Beuaraba Foundation, is located in the front garden near the entrance to the medical centre. If community members wish to remember loved ones at this site, the leaves can be purchased and inscriptions arranged at the Beuaraba administration office.

The Board also wishes to acknowledge the support of all who enable this facility to deliver daily quality compassionate care to our residents. This could not happen without the efforts and cooperation of Management, Staff, and the many from our community who volunteer their time and expertise on a regular basis.

Board Chair Graham Clapham



BEAUARABA LIVING FOUNDATION

Tree of Reflection

Have you thought of purchasing a leaf? For **\$150 per leaf** you can honor your loved ones memory. For an application and details, call to the admin office or email **care@beuarabaliving.org.au** Or call in or drop by to see the Tree of Reflection for some inspiration.

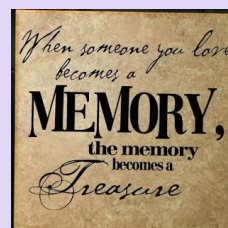
Pittsworth Mechanical

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Richard
0408 494 480

4 Wattle Street Pittsworth
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Reflections from the Reflection Service recently held in Kincora



Many thanks to Charlie for leading our reflection service which provides residents, family, staff and the wider community the opportunity for closure.



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Residents forum notes—

Food Services- Viv encouraged Residents to use the CCA Comments & Complaints books available, to communicate with Cater Care.

New Standards— Kim told the meeting she had taken back the comments from the recent Residents Information Session to the Leadership team who will be making a poster with the comments, which will be used in staff education. Kim thanked Residents for input.

Recycling—Viv reports a positive response to recycling efforts. As Viv was very passionate about recycling, he has taken a keen interest in this, and is pleased to report Residents in Springside have been very diligent about removing caps from bottles. Viv himself empties bins there, and reports an increase from 1 bin a week requiring emptying, to 3 bins a week.

Visitors—A reminder that the children from St Stephen's will be visiting to Lodge Dining Room. Viv commented that they are a great group of children, and encourages everyone to come along. The school has also have another group of children will be attending Catholic Service.

Building Projects: Alex commented that these building projects will take Beauaraba Living into the future. He also presented most recent plans and colour charts to the meeting.

New Building: update new building, expected will start July. There will be 2 x 13 bed Memory Support Units built, which will join the Lodge through Wing 2. These units will function independently throughout the day. It is estimated the new units will be completed by March 2020. Major theme for colours 'Welcome Home', and with individual unit themes of 'Harvest' (yellowish tones) and 'Garden' (greenish tones).



Each unit will have its own kitchen and dining areas, with meals served from the kitchen and plated in each area. They will each have main lounge areas, and a sitting/quiet area also.

A number of upgrades are also planned with a view to being completed by December 2020, and will include:

An upgrade to the kitchen and Lodge Dining room which will help reduce noise and enhance the dining.

A new Wellness Centre and Consult Rooms are planned for, at the current entrance to the Lodge. With the addition of 26 new beds, we will be expanding the Laundry facilities.

Currently looking at upgrades to Administration area, with suggestions of a sitting area, coffee station, and adding a combined Training / Conference / Boardroom area.

Management will ensure Residents are kept up to date and are consulted throughout all stages.

Date Claimers — Upcoming

5th Anglican Mothers Union Morning Tea

15th McGrath entertaining

24th CCA Christmas in July lunch

2 August Harokette entertaining Happy Hr

New Standards—comes a change in collective reference to what was 'Care Recipients', and are now referred as 'Consumers'.

Beauaraba Living Residents voted unanimously to remain being referred to as Residents. commenting that the collective term of 'Residents' was more dignified and respectful from their prospective.



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Beauaraba Living Auxiliary. Beauaraba Living Auxiliary—Care Pittsworth

Beauaraba Living Auxiliary—

Recently at the monthly Beauaraba Living Auxiliary meeting we continue to support the residents having contributed to the costs involved with the hair salon, and weekly entertainers. Fans and heating were discussed for the op shop and further investigations and avenues are being sort.

Electric Scissors to be investigated and purchased as these would be invaluable for when cutting up rages once sorted.

We continue to operate with many volunteers but are always looking for new faces to join us.

Our monthly meetings are held on the first Monday of the month at 1.30pm in the Beauaraba Living Training Room, Daniel Street. All Welcome.....

Volunteers—All training provided.

We encourage any one who is willing to give 3 1/2 hours weekly, monthly or bi-monthly to come in and meet us.

Phone **4693 2530** leave your details.

Roster shifts are -

Mornings 9am to 12.30pm

Afternoon 12.30 to 4pm

Care Pittsworth—

While still maintaining the palliative care room at Beauaraba Living, the group are now in a position to lend out medical aids and equipment such as walkers, beds, showers chairs etc.to the Pittsworth and District residents.

Care Pittsworth continue to work with Helen Everingham a promotional speaker. It is hoped that this venture will progress to work shops and youth work in the future. *For information phone*

Neil & Lorraine West 0434 198 394

Rhonda Harris 0429 939 157

Judy Krieg 0407 628 218

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Care Pittsworth Lending Service

The facebook pages shows the equipment that we have to offer out on loan.



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Residents "Bits and Pieces"

At last, we the residents have our own column in the Tattler on what we see, hear and do. The purpose of this is to let other residents know of any exciting events that have occurred in your family. There will be more information from the Resident meetings. I have the honour of preparing the first Bits and Pieces for this edition of the Tattler.

The future is up to you, our residents.

Raylee is busy organising simple activities in Springside. These will be in the dining room and the approach passage way. Any one who arrives early for a meal, can occupy the time, their time.

Also, she is busy getting folk to do colouring in of flowers so the dining room will be full of blossoms when spring arrives. There are some on display already. Anyone who would like to contribute, are more than welcome. We are certainly not trying to disturb Lyndall's monthly display in the Lodge dining room.

Finally Springside now has a mobile whiteboard where various activities are open for completion. So! Don't just look, fill in the answers, also

contribute to "Bits and Pieces"

Resident Forum Chairman Viv.





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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 46198 422.



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INTERNATIONAL JOKE DAY

Monday 1st July 2019

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

COMEDY
FUNNY
PANTOMIME
AUDIENCE
APPLAUSE
JOKE
TIMING
LIMERICK
CLOWN
CIRCUS
THEATER
HUMOUR
HILARITY
JESTING
WIT
YARN
AMUSING
PECULIAR
JEST
SLAPSTICK


And thus, begins another International Joke Day on July 1. Really, really, we're glad you're here. Where would any of us be without jokes and laughter to brighten our spirits? Recognize the important job humor plays in keeping stress at bay, building relationships, and bringing levity to a world that badly needs it. And be sure not to confuse the purpose of International Joke Day with April Fools' Day — the two couldn't be further apart. **July 1** is all about getting a grin out of your best friend, sharing a laugh, and appreciating the standup comics who have left us in stitches for decades. Speaking of stitches, that reminds me:

I asked the doctor the other day if I'd be able to play the piano once I got my stitches removed. "Yes," he told me, "I imagine that won't be a problem." "Great," I said. "I've always wanted to play a musical instrument."



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Along with the new Aged Care Quality Standards that came into effect from 1st July 2019 (seen on next page) a new Charter of Aged Care Rights has been released for all aged care services. Both of these new legislative documents form part of an exciting shift towards greater consumer involvement and choice within the aged care industry.

Beauaraba Living, along with all other aged care providers, must give consumers (residents) a copy of the new Charter signed by the provider, and ensure that the consumer (resident) or their authorised person has been given a reasonable opportunity to sign a copy of the Charter.

The purpose of requesting the consumer's signature is to allow them to acknowledge they have received the Charter, had assistance to understand it and understand their rights. Consumers (Residents) are not required to sign the Charter and can commence, and/or continue to receive care and services, even if they choose not to sign the Charter. All residents and/or their representatives will be contacted by Beauaraba Living over the coming months to ensure this legislative requirement is met. If you have any questions, please do not hesitate to contact us via the Administration Office.

Charter of Aged Care Rights

I have the right to:

1. safe and high quality care and services
2. be treated with dignity and respect
3. have my identity, culture and diversity valued and supported
4. live without abuse and neglect
5. be informed about my care and services in a way I understand
6. access all information about myself, including information about my rights, care and services
7. have control over, and make choices about, my care, personal and social life, including where choices involve personal risk
8. have control over, and to make decisions about, the personal aspects of my daily life, financial affairs and possessions
9. my independence
10. be listened to and understood
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly
13. personal privacy and to have my personal information protected



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Aged Care Quality Standards

agedcarequality.gov.au



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