

September / October 2019

The Tattler

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



Latest news on the Stage 3 building project, above is showing an aerial photo of the work to date.. Plumbing work in place and ready for the concrete to be laid.

UNDER CONSTRUCTION

September / October 2019 *in this issue*

Executive Team Report, Board News,
Lifestyle , Report, Christmas in July Photos, Aged Care Employee Day, Word Find
Infection Control, New* Residents' Charter of Aged Care Rights'
Plus all your regular features.



**PLATINUM
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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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Fax: (07) 4693 1866

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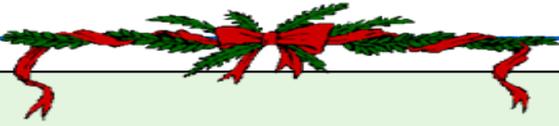
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Cater Care Theme Day First ever Christmas in July !



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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. Building work commenced in July is well underway. At the time of writing this the plumbing has been laid and it is expected that the concreting for the north (Brookstead) wing will be completed by Friday with the Pampas wing in the following week.

On the front cover you can see an overhead photo depicting the project activity to date. Photos are courtesy of **SharpAsPhotography Facebook**. At this stage we are expecting the completion of the memory support houses by the second half of January 2020. The remaining parts of the project will be completed progressively by Aug/ Sep 2020.

We are keeping our residents and staff updated with regular information sessions. We have also set up an information corner with plans and project updates on display, where residents, families and staff can find out the latest progress.

Our building committee and senior management undertake regular meetings with the design, project and site managers to keep abreast of progress and any issues as they arise.

Again, if you have any questions or concerns please contact myself or Janet. We acknowledge that much of this work may be disruptive and where possible we are doing our best to minimise any disruptions, noise or dust. We thank you for your understanding.

We continue work towards ensuring our compliance with the new Aged Care Quality and Safety Standards. Many of our residents or their representatives have signed the new Aged Care Rights form but there are a number still outstanding. If you have not signed one of the forms, please let one of our staff know.

Since our last edition we celebrated Aged Care Employee Day. A day where we could appreciate and thank those who work tirelessly to provide care and services to the elderly in our community, be it residential or home care. Let's not leave it to just one day, let's continue to acknowledge their efforts throughout the year.

I look forward to bringing you further building updates in the future editions of the Tattler.

Until next time *Alex, Janet, Kate, Adrienne, Kim*



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HELP US TO HELP YOU

Tell us what we do well how we can improve!

If you have any suggestions or comments, please contact:



General Manager
Beuaraba Living

10 Weale Street

Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: care@beuarabaliving.org.au or

Board Chair

Mr Graham Clapham 0429 700 496

Follow Beuaraba 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

Beuaraba 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

Drop in & see us at the Opportunity Shop
Donations gratefully accepted,

Note—Furniture by prior arrangements only.

Shop Phone—4693 2530

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people who are frail aged, younger Disabled, their carers and community members. This service enables people to continue living comfortably in their own homes.

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OPEN 7 DAYS



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

LIFESTYLE REPORT

Welcome to Spring!!! Hopefully we will be lucky enough to see plenty of rainfall during the Spring and Summer this year.

July and August were certainly busy months with plenty of activities to keep everyone occupied. September and October are shaping up to be just as busy! Mothers Union morning tea was well attended and as usual everyone had a lovely morning. Morning tea and fellowship was enjoyed by all and this was followed by the Anglican Church Service.

During NAIDOC week the staff and residents were treated to a display of a traditional smoking ceremony, art-work, dancing, singing and didgeridoo playing. A huge Thank you Janita for organising this wonderful cultural display. **Check out the photos page 7.*

Cater Care held a 'Christmas in July' Themed lunch on **page 3.*

More St Stephens School children visits are also on the planner. Some lucky Residents have had visits from Toni's dog.

TRC hosted a Seniors Concert at Millmerran on 20th August. We had 18 Residents attend, and they were entertained by 'Memphis Moovers'. Everyone who went had a fantastic time and are looking forward to the next one.

**Coming up in September and October:**

Cater Care will host another major theme day... "Under the Sea" on 4th September, so have a think about what you can wear that day??

Choir practice is going well, and we are booked in on the 19th of September for a Friendship morning concert.

Come along on Tuesday mornings and practice your 'Git Up' moves. If your unsure what this is, come and find out. We hope to make a Beuaraba Living Git Up video, and will need as many Residents involved as possible. Practice will be held on Tuesdays in place of exercises, starting on 3rd September, with a view to filming perhaps late September. We may have to sneak a few extra practices in during Happy Hour.



Once again, we have been lucky enough to book in two bus tours this year to see the Too-woomba Carnival Gardens. This year we will be visiting Laurel Bank Park on the 11th of September and again on the 2nd of October. The gardeners from TRC will be on hand to escort us and give a commentary. Even though it has been very dry I'm sure the gardens will be filled with plenty of colour and perfume.

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matters

63 Yandilla Street,

Pittsworth, Qld 4356

Email: pittsworthpharm4356@gmail.com

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Ph: 07 4693 1028

Fax: 07 4693 1689

Expressions of Interest will be placed on notice boards soon so keep an eye out and put your name down. These tours were very popular last year, so get in quickly to secure a seat.



Just a reminder, we'll having another Public Holiday on the 7th October for the Queen's Birthday.



This year, Residents have requested to go all out, and dress up for Melbourne Cup.



If Families could help Residents with this, it would be greatly appreciated. Cater Care will provide a special luncheon.



We will have free sweeps for Residents, with small prizes.



Stay well and stay engaged
From the lifestyle team.!



Residents "Bits and Pieces"

Some exciting things must have happened in July, but they have not filtered down to me.

Come on, let's use our column!

On the 5th July 2019 Olive W of Springside had a two-day trip to the gold Coast to see an Alice in Wonderland production on stage. She thoroughly enjoyed this, and many were jealous of her luck. All Bingo weekend players are grateful to Max M for filling in for Kev while he relaxed in hospital. Good to see you back and enjoying and we've enjoyed the bingo calling of Max.

Every exercise fanatic is grateful to Flo K who regularly conducts Tai Chi work with the exercise group. They enjoy your relaxing classes.

Wow! Isn't it great to see so much activity going on next door? The new building is flying. In Week 1 we saw four of the independent living units disappear. In week 2 the basic work for the new floor saw lots of soil removed. In week 3 we've been able to Rock and Roll to the trembling created by the vibrating roller. Let us hope that Kim's peek a boo viewing spots appear so all the amateur supervisors can begin work.

Cheerio for now and contributions are most welcome, regards Viv. Residents Chair.

Oh! Don't forget Rob B's cure for hiccups. He claims a sure-fire cure. He recommends you take your pulse. It works for him.. Viv



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Come and see us at
The Grange!



**Beuaraba Living Celebrated NAIDOC week.
2019 NAIDOC Theme : VOICE. TREATY. TRUTH**

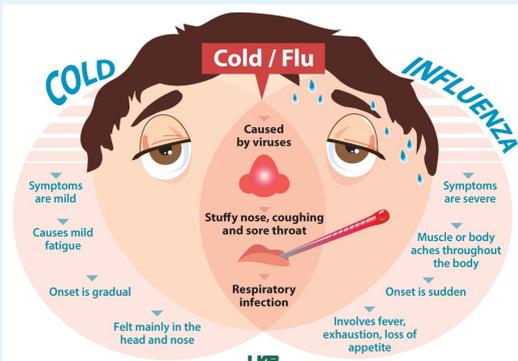


Toowoomba Podiatry—Judith France

Phone — **07 4632 1100**

325 Margaret Street, TOOWOOMBA QLD 4350

Visits *Beuaraba Living* services residents and community members. Friendly country service.



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 Beauaraba 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@beauarabaliving.org.au
 A: 10 Weale Street, Pittsworth, QLD, 4356.
 W: www.beuarabaliving.org.au



Pittsworth Chiropractic Centre

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

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Ph: 07 4693 2111

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OPEN 7 DAYS

Beuaraba Living Celebrated Australia's unsung heroes on the 7 August as it was "Aged Care Employee Day". 🙌

Aged Care Employee Day is an official day to thank, honour, recognise and celebrate the hundreds of thousands of people who work in the aged care industry across Australia.

General Manager Alex said "Today we can all reach out to those who you know that work in this valuable industry and help recognise the incredible contribution they make to the lives of older Australians".

Aged Care Employee Day is designed to celebrate each and every team member involved in the journey of caring for people who receive aged care services.

Beuaraba Living is very proud of its Aged Care Team. 🤝



To all aged care employees, we thank you and honour You on Aged Care Employees Day. This day is for you, to celebrate the incredible work you do, and to show you just how much you make a difference to the lives of older people.



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Board— *A Word from the Board,*

It was a memorable moment at a recent Board Meeting when The Contract to Stage 3 Building Project was signed by Director Nigel and Company Secretary GM Alex.



By the time this issue of the Tattler is out, the building construction will be well under-way. The plumbing foundation work completed and the first round of cement poured.

The Board meets monthly and although some work is required outside of meetings, such as reading board papers, approving minutes sitting in on committee meetings such as the building and finance meetings, I commend all those Directors who are on the PDHFS Board and support me as chair and the Executive / Leadership Team.

This Board is an effective and proactive board which drives the work of the organisation, rather than responding to it.

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.

Graham Clapham Board Chair.



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

Ph 4693 3880

**Richard
0408 494 480**

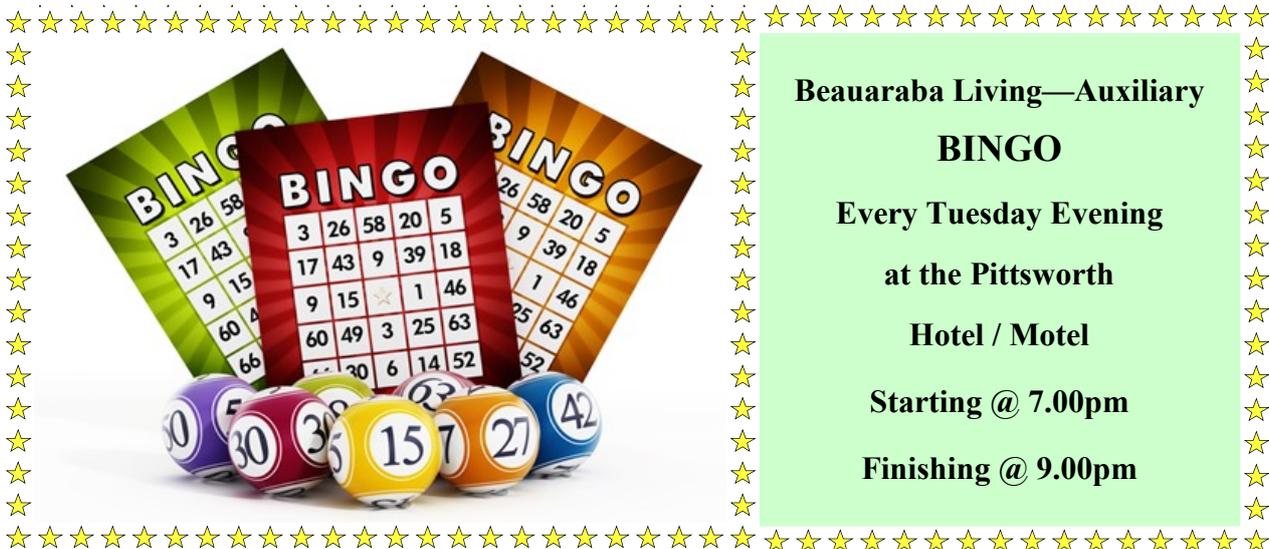
**4 Wattle Street Pittsworth
Email: pittsworthmechanical@hotmail.com**

Nursing Job Description from 1887

1. Daily sweep and mop the floors of your ward, dust the patient's furniture and window sills.
2. Maintain an even temperature in your ward by bringing in a scuttle of coal for the day's business.
3. Light is important to observe the patient's condition. Therefore, each day fill kerosene lamps, clean chimneys and trim wicks.
4. The nurse's notes are important in aiding your physician's work. Make your pens carefully; you may whittle nibs to your individual taste.
5. Each nurse on day duty will report every day at 7 a.m. and leave at 8 p.m., except on the Sabbath, on which day she will be off from 12 noon to 2 p.m.
6. Graduate nurses in good standing with the director of nurses will be given an evening off each week for courting purposes, or two evenings a week if you go regularly to church.
7. Each nurse should lay aside from each payday a goodly sum of her earnings for her benefits during her declining years, so that she will not become a burden. For example, if you earn \$30 a month, you should set aside \$15.
8. Any nurse who smokes, uses liquor in any form, gets her hair done at a beauty shop or frequents dance halls will give the director of nurses good reason to suspect her worth, intentions and integrity.
9. The nurse who performs her labors & serves her patients and doctors faithfully and without fault for a period of 5 years will be given an increase by the hospital administration of 5 cents per day.



More NADOC Week on show—



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Every Tuesday Evening

at the Pittsworth

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Starting @ 7.00pm

Finishing @ 9.00pm



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- ◆ Roofing & Guttering
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Coming event for Care Pittsworth.



On Sunday, 22 September, the vocal ensemble :Take Note: is presenting a concert of their latest songs to raise money for the work of "Care Pittsworth", to be held at the Function Centre from 2.00pm.

Two and a half years ago, what started out as three singing friends getting together to do some close harmony work, has grown into the vocal ensemble :Take Note: with thirteen members: eight women and four men vocalists, along with accompanist Cheryl Fowler.



Participating in the Dalby Eisteddfod last year and again this year, "Take Note" took out a swath of Firsts, Seconds and Thirds in 20 different categories, including full ensemble pieces, as well as smaller group works, quartets, trios, duets and solo performances.

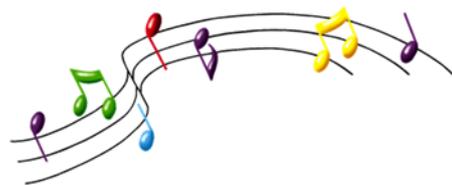
"Take Note" stages occasional Soirees, asking friends and neighbours to make up an audience, but the ensemble has never performed a public concert. One audience member suggested it was about time Pittsworth heard what :Take Note" can do!

So the members of "Take Note" approached "Care Pittsworth" to stage a concert that would raise money for the group, a subcommittee of the Beuaraba Living Auxiliary. "Care Pittsworth" is committed to the welfare of the community, offering care and support for those in need. For more information about "Care Pittsworth", contact Rhonda Harris on 4693 1428 or Judy Krieg on 4693 9103.



The "Take Note" Concert has an entry fee of \$10.00, which includes afternoon tea, and will be held at the Pittsworth Function Centre on Sunday, 22 September from 2.00pm.

Everyone is welcome to come along.



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**Beuaraba Living Auxiliary.
Beuaraba Living Auxiliary—Care Pittsworth**

Beuaraba 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 Evingham 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

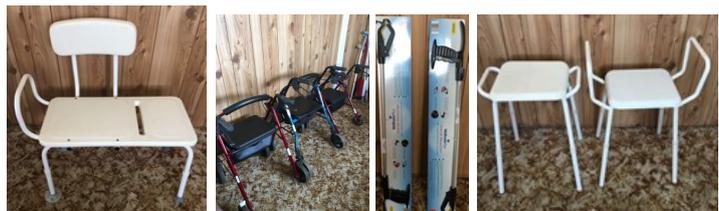
Rhonda Harris 0429 939 157

Judy Krieg 0407 628 218

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P: 07 4693 3968 M: 0418 747 971

64 Yandilla Street, Pittsworth

E: yandillarose@bigpond.com



How time is flying by! The 15th annual **Craft and Fine Food Spectacular** will be held from Friday 11th through to Sunday 13th October this year.

This event is the major fund-raiser for the Pittsworth Anglican Parish of St Andrew, and draws large numbers of people to our town to enjoy the **quality, homemade Australian products** available from the exhibitors in the Town Hall. Our coordinator, Brenda, does a fantastic job in organising over fifty exhibitors from near and far, some being newcomers and others who have attended and been popular over the years. We ask shoppers to **please bring their own bags**, if possible, due to the banning of plastic bags in shops.

To launch our event, a **"Wine, Dessert & Coffee"** evening will be held in the Town Hall on Thursday evening 10 October from 7-9pm. Entertainment will be provided by "High Altitude Harmony" singers. Patrons will have first opportunity to shop during the evening. *Bring your own bags if possible please.* **Pre-purchased tickets only** will be available, closer to the event, from Rhonda's Rag Trade and Yandilla Rose.

Saturday in Centenary Park is always popular, even on a rainy day last year! Among other things, a Plant Stall, BBQs, food stalls, children's activities and music are there to be enjoyed.

Delicious light lunches are available each day in the Town Hall, as well as the ever popular scones and pikelets at the Devonshire Teas in the supper room.

Events running in conjunction with the Spectacular include the Spring Garden Competition, the Pittsworth Spring Art Exhibition, the Decorated Window Competition and the display of amazing quilting from the Pittsworth Crafty Quilters.

People are also invited to visit the heritage-listed, beautiful old church of St Andrew which is known for its magnificent stained glass windows. This year, in the Church, **there will be a display of Baptism gowns, some of which are generations old.** Another display will be that of **old, hand-written recipes which have been handed down through families.**

Our dedicated group of Committee members meet once a month and put forward their opinions and ideas, and we simply could not manage without our volunteers (125 last year). Women, men and some children give up their time and cheerfully do what needs to be done. We are so grateful.



FRIDAY 11TH, SATURDAY 12TH & SUNDAY 13TH OCTOBER

Pittsworth Town Hall

Over 50 exhibitors – Quality homemade Australian products

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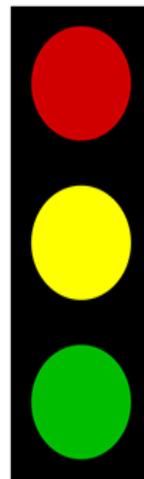


Phone: **0437 672 472**




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.



IF YOU HEAR THE FIRE ALARM



WAIT WHERE YOU ARE



FOLLOW THE INSTRUCTIONS OF THE STAFF

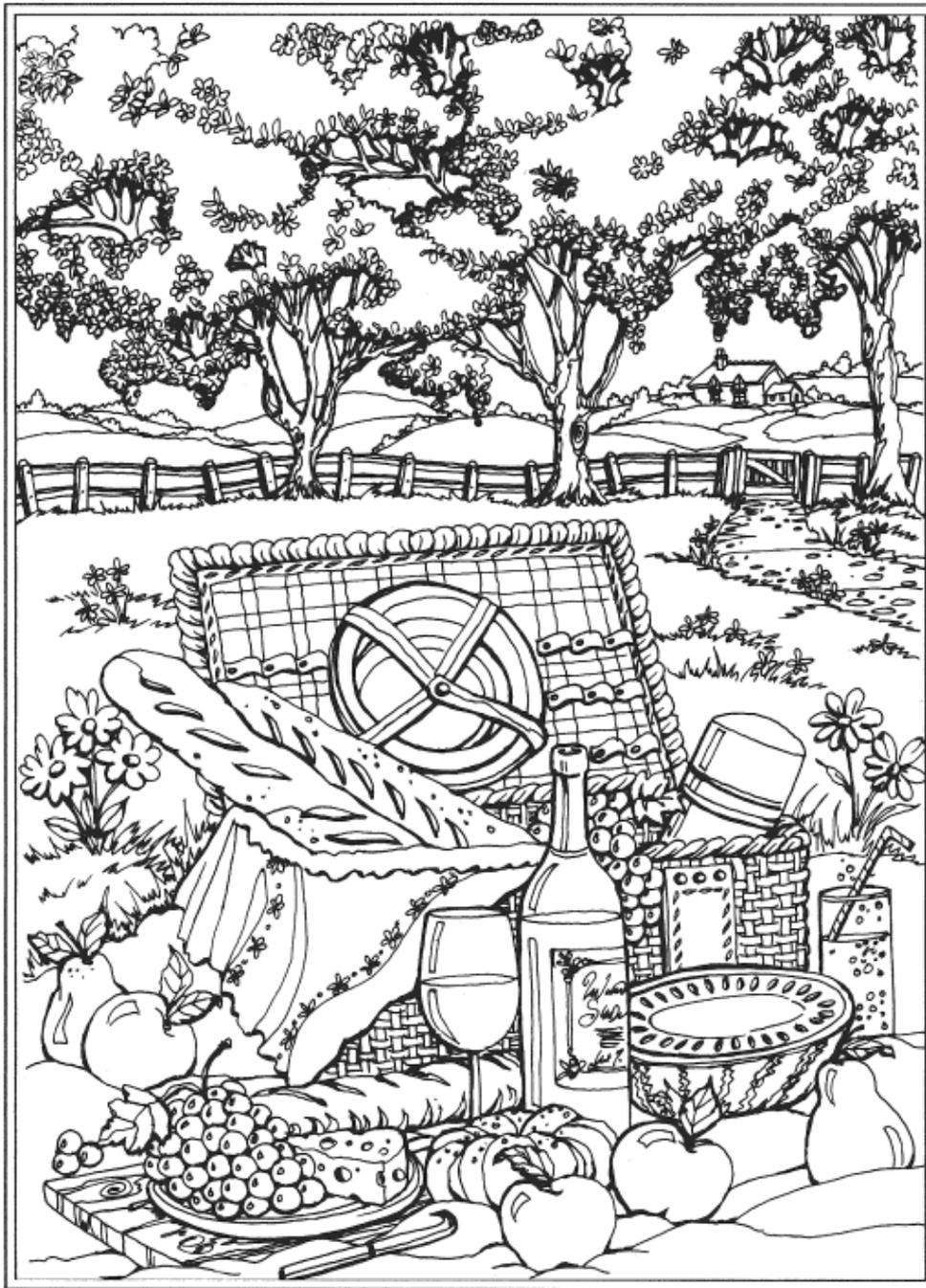


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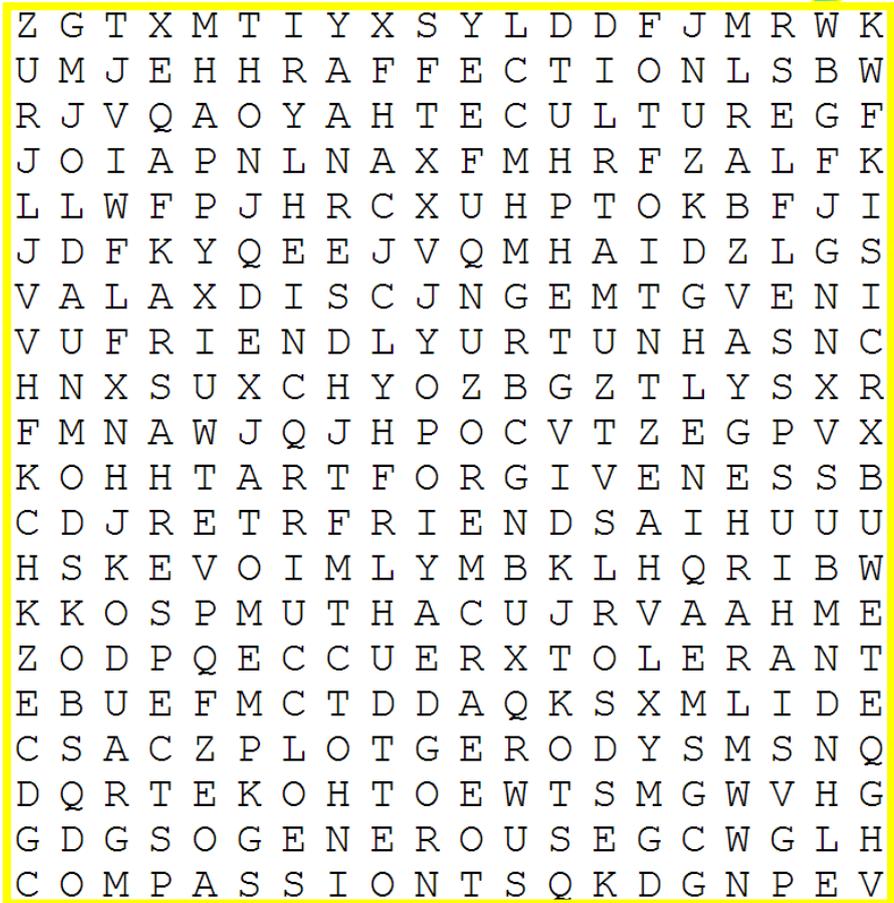
Visiting office:

132 Yandilla Street, Pittsworth

Ph: (07) 4693 1023

World Kindness Day

- ATTITUDE
- HAPPY
- LOVE
- COMPASSION
- SELFLESS
- FRIENDS
- GOOD
- CONSIDERATE
- GENEROUS
- SHARING
- FRIENDLY
- AFFECTION
- RESPECT
- TOLERANT
- WARMHEARTED
- THOUGHTFUL
- EMPATHY



NEW FRIENDS FROM OLD

*It's good to think of times gone by
And folks we used to know,
To call to mind the things we did,
The places we would go.*

*But sometimes as our lives move on
We let our friendships slide.
New jobs, new homes, new babies too
Can keep us occupied.*

*The friendship often did not die,
It merely went on hold.
So why not give it a chance again
To last until you're old?*

*You may unearth an old address
Or know someone who might.
So why not that first small step
To Contact—by tonight!*

- Jennifer McNally

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

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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.

Beuaraba 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 Beuaraba 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



Australian Government
Aged Care Quality and Safety Commission

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