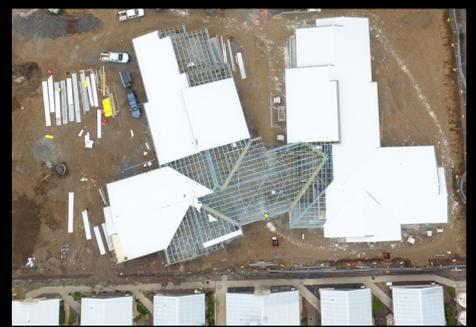


# The Tattler

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

Latest news on the Stage 3 building project, showing aerial photos of the work to date.. **Brookstead and Pampas** frames are up, roof going on and brickwork started. Maintenance storage shed floor cemented.



**November / December 2019 *in this issue***

Executive Team Report, Board News,  
Lifestyle , Report, Under the Sea theme day, Adrienne & Kathy call it a day, Word Search  
St Stephens Visits, New\* Residents' Charter of Aged Care Rights'  
Plus all your regular features.



## **Pittsworth Platinum Medical Centre**

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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:**

Beuaraba 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 <sup>rd</sup> 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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Cater Care Theme Day ... Under the Sea ....



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Judith McGrath-Colquhoun  
Owner & Director

Welcome to the final edition of the Tattler for 2019. As the year draws to a close, let's reflect on the activity over the last 10 months.

At the start of the year the Aged Care Quality Agency and the Aged Care Safety Commission were combined to be called the Aged Care Quality and Safety Commission. In February we successfully underwent our re-accreditation assessment. On 1 July the Aged Care Quality standards were replaced with the Quality and Safety Commission Standards. At the same time the new Aged Care Charter of Rights was introduced. All the associated updates to policies, procedures have been and continue to be undertaken in that time. On an industry basis, we have also seen the ongoing work of the Aged Care Royal Commission with an interim report due in October. Added to this we commenced the construction of the 26 bed extension. It has been in all aspects a very busy year.

There is no doubt that the pace of change in the aged care industry will continue into next year and beyond, as we adapt to the demands of the Government and the community as well as the increasing needs of our residents. There is no doubt that the industry overall is facing some significant challenges both from a service delivery perspective as well as financial.

Our building is moving along very quickly as you can see from the photos in this edition compared to the last. We continue to keep our residents informed of the progress of the building and endeavour to minimise any disruptions. Our display in the Felton foyer is available for anyone who is interested in seeing what is happening.

It is that time of year again where we hold our Annual General Meeting. The date is set for 12 November at 6:30pm in the Norwin Activities Room. I strongly encourage our members to attend to hear about the general activities of the organisation as well as the current building project. A light supper will be served after the meeting. Look forward to seeing you there.

The care we provide at Beauaraba Living would not be possible without the skill, dedication and compassion of our staff. I'd like to thank and honour all our staff for the care they provide for our residents. I'd also like to make particular mention of *Adrienne Macfarlane* who has very recently retired from Beauaraba Living and after a long and dedicated nursing career. Adrienne's skill knowledge and attention to detail has played a significant part in the continued success of our facility. Thank you, Adrienne for your 13 years of service to Beauaraba Living and for the many other positions in which you have served. *(more turn to page 13)*.

Being the last edition for 2019, let me take this opportunity to thank our sponsors, donors and readers for your support and encouragement throughout the year for which we are truly grateful. May the Christmas season be one of peace and joy for all.

Until next year ..... *Alex, Janet, Kate, Kim.*



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Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: [care@beuarabaliving.org.au](mailto:care@beuarabaliving.org.au) or

**Board Chair**

Mr Graham Clapham 0429 700 496

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**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](http://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

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**LIFESTYLE REPORT**

Welcome to November, and the warmer weather. In September, Cater Care hosted their last Major Theme Day for the year, 'Under the Sea'. A big thankyou to the staff who dressed up on the day. As you can see by the photos, Residents also had fun hamming it up for the camera.

St Stephen's children visits were thoroughly enjoyed by Residents last term, and everyone is looking forward to this term's visits. Our Residents love this special time with the little ones, and our gratitude is extended to the school and teachers who make this happen.



We have had 2 bus outings to Laurel Bank Park to view the beautiful gardens. TRC very kindly facilitate these visits by inviting facilities and opening the gates which allowed the bus to drive on the paths so Residents can view almost all the park from the comfort of their seats. Our thanks to them and to our friendly, informative and enthusiastic guide, Craig.

The facts and figures he shared amazed us all, and we were all staggered by the sheer number of plants and the upkeep required for the parks to present so gloriously.

WOW our new building is progressing quickly, and Management have been providing Residents with regular updates, to keep them informed.

At a recent Resident Meeting, Residents decided to encourage everyone to dress up for Melbourne Cup celebrations. So please help your loved ones select their outfits for the big day.

Just a reminder: Date Claimer – Mayors over 80's Christmas Party is set for 28/11/19. Residents are to lodge their interest in attending with the lifestyle team.

Christmas is just around the corner now, so we will all need to start thinking on plans. In December, staff will begin asking Residents and families if they will be going out Christmas day, or whether they will be in. Please let staff know as soon as you are aware of what you are doing.

Stay well and stay engaged,



Lifestyle Team

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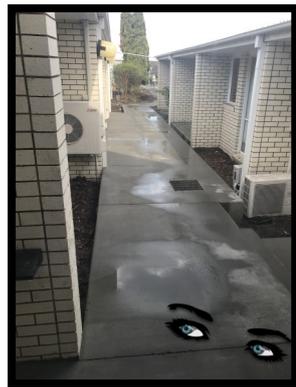
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**New entrance started at the lodge .....**



First photo shows you will walk between dining room and what will become the Wellness Centre, to automatic doors at the end of the pathway into the existing hallway.

Second photo show looking back from inside to the front—first photo.



**Beating the Bugs.... Infection Control Report**

Although the influenza season has not ended, we have been very lucky here at Beauaraba Living. With over 95% of both staff and residents receiving the influenza vaccine those vulnerable people unable to be immunised have been protected.

Jessica—Care Coordinator & new Infection control Coordinator along with myself would like to thank everyone for their understanding with increased hand hygiene, cough etiquette and even those having to reduce their access to common areas due to being unwell.

The trial of the mobile hand sanitisers in the dining areas of the Lodge, Springside and Norwin has been successful, and it is very evident that many residents are using these.. We will be introducing these in other areas of the facility into the future.

Kim Solomon—Quality Coordinator.



**Residents "Bits and Pieces"**

It seems that no one does anything of interest with their visitors for I have almost nothing to report for this Tattler.

I had a couple of things only reported for September, Olive W seems to have become a theatre buff, for on 10<sup>th</sup> September her daughter took her to the Empire Theatre to see the Too-womba Play Groups stage version of "My Fair Lady. Her report was that it was an excellent show.

Meanwhile Ruth and John (Travel Bug Man) took a Saturday off to attend the local theatre group perform their annual production. This year it was "Sound of Music" and another wonderful production was reported.

On Saturday, October 19<sup>th</sup>, several locals who had been associated with Biddeston School over the years as pupil, student or parent over its 100 years, attended the 100year celebration at the school. It was a very well-organized event and rob Barron was a guest of honor being the oldest ex-pupil to attend the event. I had the pleasure of teaching all five of his and Moira's children while principal there. It was difficult to recognize ex-pupils for they are mostly now grandparents.

Isn't it wonderful the weather has been kind to the crew building the new buildings but not the farmers who are families of the residents. The buildings are now being roofed and well soon, (at the rate if constriction) be ready for occupation, much sooner than expected.

I am still waiting for news items so get busy with pen and ink or verbal information to report to all. Please!..

Regards to all, Viv.



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St Stephens school visits .....



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**Resident Wrap Up!**

**Food**

- ◆ Welcome new Chef—Brett
- ◆ BBQ thoroughly enjoyable
- ◆ Size of meals to be reviewed
- ◆ Support Food Services Sub Committee

**Lifestyle**

- ◆ Bingo in Springside going well
- ◆ Choir practice has resumed re—Christmas
- ◆ Building updates in Felton foyer
- ◆ Dress up for Melbourne Cup
- ◆ Residents asked for more equipment, reminded more will come when gym is relocated to the new wellness centre

**Residents**

- ◆ Holding meetings in the mornings popular
  - ◆ Reminder to have your say in the Tattler column “Bits & Pieces”. Share input
  - ◆ Hairstylist—Helen is now coming Tuesday and Wednesdays. This suits Helen and residents which offers more choice of appointments
  - ◆ St Stephens’ children have recently visited a few times. Everyone thoroughly enjoyed the visits.
    - ◆ Grade 4, many fun conversations were had, even a few ‘dad’ jokes being told.
    - ◆ Grade 1, created a fun filled afternoon with activities and social creations.
- Refer photos on opposite page.

**Claim the Date**

- ◆ Resident turn on the Christmas lights and Caroling evening Thursday 28 November.
- Come along to meetings held 2nd Thursday Monthly**



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Beuaraba Living Auxiliary—Care Pittsworth  
Beuaraba Living Auxiliary—Op Shop**

**Beuaraba Living Auxiliary—**

The AGM was recently held on the 14th October. All present thanked and farewell Sue Wilkes for the great job she has done over the past years now that she has moved to the Highfields area. The elected group for 2020 are—



- Chairperson:** Jeanette Krinke
- Vice Chair:** Anita Ruhle
- Secretary:** Veronica Henricks
- Treasurer:** Barbara Piper

**Furniture Coordinators: shared position**

Marcia Hanlon, Judy Krieg, Rhonda Harris

**Roster Clerk:** Valerie Dorge

The Auxiliary Ladies were asked to model Op Shop outfits at the Ladies Bowling Club Melbourne Cup function on Tuesday 5th.

The group has planned to have a Money Tree Raffle, where we will be selling tickets in the main street or drop in to the Op Shop. This will be drawn at the Christmas Afternoon Tea.



The Christmas afternoon tea for all members who volunteer through BLA including the Op Shop during the year. It is on 9 December at the Pittsworth Hotel Motel at 2pm. Everyone is asked to bring along 2 grocery items (in date) on the day which will go in a hamper for Blue Care. All are welcome to come along and meet everyone and have a chat.

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

***The Op Shop will be closed between Christmas and New Year.***

**Care Pittsworth—**

While still maintaining the palliative care room at Beuaraba Living,



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**Board—** *A Word from the Board,*

Anyone travelling in the vicinity of the Beuaraba Living facility, particularly along Daniel Street would have noticed the rapid progression of the new building project. While we all despair at the current weather conditions, it has had some advantages for undertaking a building programme such as this. By the time this goes to print both new wings will be under roof, and the exterior brickwork should be nearing completion. Well and truly past the time when rain would interrupt progress, lets hope it comes soon though.

Unless we see a change to the current drought conditions, it will be near impossible to establish the planned gardens and landscape the surrounds of the new wings. Despite the dry conditions the established gardens of Beuaraba look exceptional, thanks to our outdoor staff and some small extra concessions from council in regard to current water restrictions. It must be remembered that the Beuaraba facility is home to our 106 residents and as such, the visual amenity is important.

The Board and senior management is keen to include new and emerging technologies in the rooms of the new wings, and explore their potential to be added to existing rooms, so that residents safety and care is enhanced, while reducing the strain on our staff. Even since the commencement of the current expansion there has been new systems emerge that offer enhanced features at a reduced cost, these emerging technologies offer numerous features that monitor many aspects of our residents wellbeing, without compromising their dignity and right to privacy.

While the Board plays no role in the daily operation of the facility, it is responsible for the strategy which sets the direction and basic principals of care Beuaraba aspires to.

We can all be thankful for the cooperative relationship which exists at both the management and board level, as well as among our staff and our many volunteers.

*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.

**Thank you for your support the tree has quite a few leaves !**

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

*Retirement morning tea*, where we honour almost 100 years of nursing careers. Adrienne Macfarlane and Kathy Von Pein have something in common, both have been in the nursing industry a life time and both have retired from the industry they love. Kathy has had a partnership with PDHFS & Beuaraba Living for just on 25 years using her tourniquet and collection bottles, while Adrienne's story in on the opposite page.



*Thank you  
for your  
dedicated service !*



**Beuaraba Living—Auxiliary  
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*Adrienne calls it a day .....*

After reaching the decision to “semi-retire” I say goodbye to my current role as Quality Coordinator at Beauaraba Living. I am taking long service leave and considering what comes after that. I am not quite ready to say goodbye to nursing just yet, but I am looking forward to a change of pace!

I began my nursing career over forty-five years ago and have worked in aged care for almost twenty of those years. As you can imagine, I have seen many changes in that time, but in my opinion, none as significant or challenging as the current changes occurring in the aged care industry.

When I left Pittsworth in the 70’s to commence my nursing training in Brisbane, then work in a number of areas of nursing, both in Queensland and New South Wales, who would have thought I would eventually spend the final stage of my career working on the very site where I was born!

I would like to take this opportunity to say that I have met and worked with some truly amazing and dedicated staff during my time at Beauaraba Living. I will miss both the staff and the wonderful residents that call Beauaraba Living home. I also have some treasured memories of past residents and their families and feel privileged to have shared their journey through aged care.



Pittsworth is indeed very fortunate to have this facility, with the current Board of Directors, Alex and Janet leading the team into the future. Thank you all for your support over the past eight years.

I wish the Board, Alex, Janet and the team all the best as the new building project takes shape and look forward to seeing it, once completed.

*Warm regards*

*Adrienne Macfarlane*



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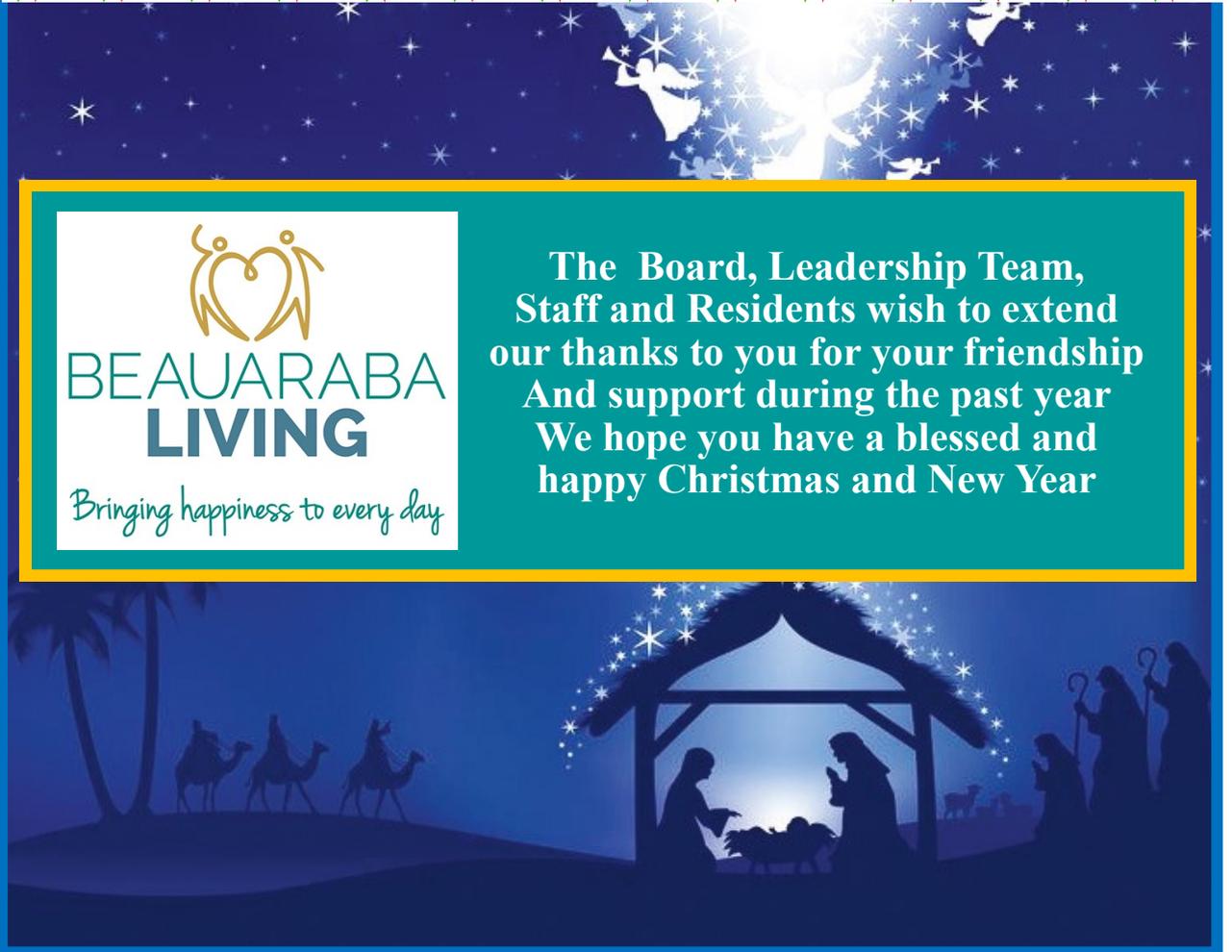
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Residents choir will be performing in the Kincora wing and gardens on Thursday 28 November when we officially turn on the Christmas lights. Come along, all welcome .....



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More Building Stage three photo updates .....



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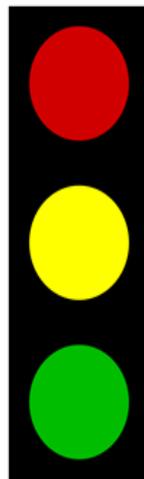
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**Thank you everyone for  
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 this years spectacular.**

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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.



IF YOU HEAR THE  
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WAIT WHERE  
 YOU ARE



FOLLOW THE IN-  
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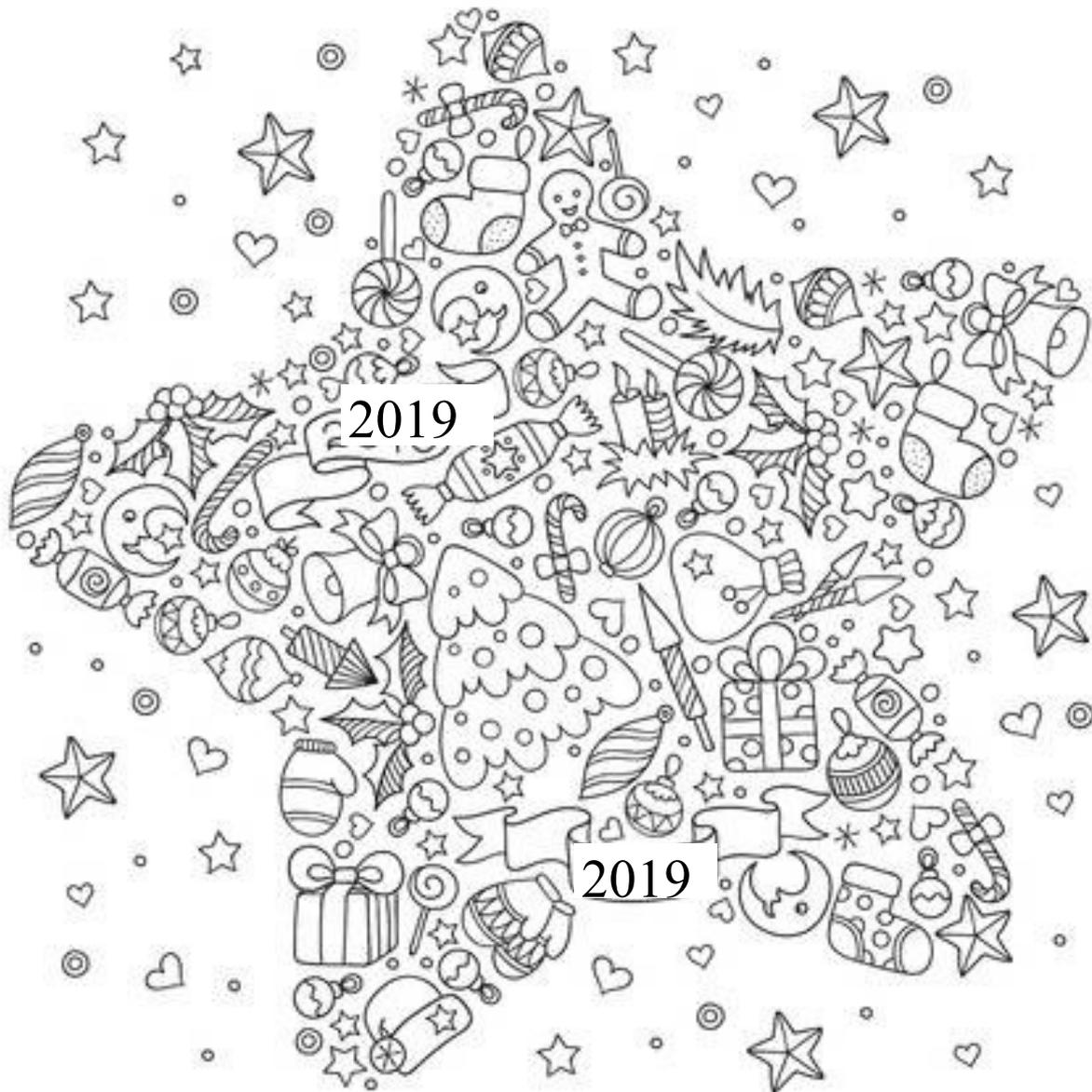


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# CHRISTMAS WORD SEARCH



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Along with the new Aged Care Quality Standards that came into effect from 1<sup>st</sup> 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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