

March / April 2020

# The Tattler

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



**March / April 2020 *in this issue***

Executive Team Report, Board News,  
Lifestyle , Report, Word Search  
Building update, 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

Facsimile: 07 4619 8416

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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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More building update photos .....



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Welcome readers, to the March/April edition of the Tattler. Already into the 3<sup>rd</sup> month of the year and the fast pace is continuing. In this edition we will be focusing on the current state of our building project, where we are up to and what to expect over the next few months.

Our Memory Support Houses are all but complete with handover expected in the first week of March. At the time of writing this report the landscaping and fencing is under way. Painting and joinery is being finalized, floor covering is being laid (*check out the photos from Kate*)

Once the houses are completed, we will be concentrating on the other components of the project. These components include:

- upgrade to the Lodge kitchen and dining room. This will provide an extended wash-up area in the kitchen as well as a renovated well-appointed dining room.
- Converting the Lodge Wing 2 into a link to the new houses. The link which we have named “Southbrook” will include a chapel/reflection room as well as an activities and theatre room.
- Renovation of the rooms in the Lodge wings 1, 8 and 9. During this work some of our existing residents will transfer temporarily to the new houses.
- Upgrade of the administration offices, providing improved functionality and an expanded meeting and education room,
- Upgrade of the laundry,
- Development the Wellness Centre including relocation of our gym.

While completion of the new houses is the major milestone, there is still significant work to complete in these other areas. The total project should be completed by August 2020. As always, we are endeavouring to keep any disruption to a minimum.

If you would like to know more or express an interest in residency of the new houses, please contact us.

In other news we are excited to announce that we are again sponsoring the Empire Theatre’s Daytime Series. Our involvement in these events establishes our name as an innovative leader in aged care looking beyond the fundamental model of residential care to that of a wellness and lifestyle model. So watch out for the dates and any ticket giveaways that might be happening. The first show for the season was on the 20 February. Check inside this edition for all the action.

We want to thank all our residents and families for their patience and support over the last 6 months of building activity. I know we are all looking forward to its completion.

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



Right will be Entrance to Brookstead / Pampas from new link walkway from the lodge.



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**General Manager**

**Beuaraba Living**

**10 Weale Street**

**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**

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](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

*New Volunteers are Welcome*

Drop in & see us at the Opportunity Shop  
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**Note—Furniture by prior arrangements only.**

**Shop Phone—4693 2530**



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

Volunteers deliver meals directly to your homes.

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Inquires for Meals on Wheels

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**LIFESTYLE REPORT -**

Wow where has the time flown. The residents are continuing to enjoy the varied activities offered. Many are accessing the gym where we offer assistance as levels of confidence grow.

Below we see that residents help each other in getting started.

Jean and Kevin enjoy the work outs in the gym.



Trish and Caroline have been extremely busy putting together Lifestyle 2020 programs which has seen the rest of the Lifestyle team kept busy on their toes.

Trish has had some R&R time off and thanks to Caroline, Lifestyle team & volunteers the programs have been running on time.

Many activities were held around



while we are all now focusing on Easter & moving towards ANZAC day.

Stay well and stay engaged,

Lifestyle Team ....



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**This stopped me in my tracks!**

Every minute someone  
leaves this world behind.  
We are all in "the line" without knowing it.  
We never know how many people are before us.  
We can not move to the back of the line.  
We can not step out of the line.  
We can not avoid the line.

***So while we wait in line -***

Make moments count.  
Make priorities.  
Make the time.  
Make your gifts known.  
Make a nobody feel like a somebody.  
Make your voice heard.  
Make the small things big.  
Make someone smile.  
Make the change.  
Make love.  
Make up.  
Make peace.  
Make sure to tell your people they are loved.  
Make sure to have no regrets.  
Make sure you are ready.



*Article contributed.*

**Residents "Bits and Pieces"**

Many residents had time away with friends and all really enjoyed the time away from our home. Those who stayed had a special meal with all the Christmas Trimmings. They celebrated in the Lodge Dining room. All present thoroughly enjoyed the Meal and extras, (Bon – bons, nibbles and a full Xmas meal including plum pudding (delicious)). Thanks to the kitchen staff who provided the meal.

Work has restarted on Brookstead and Pampas, getting close to being finished. Residents of wings 1,2, 8 and 9 looking forward to using the new units while their units are renovated. An Exciting happening.

Post Xmas and New Year activities reverted to the usual ones on January News sheet. Jan 21st we were surprised when a new resident was visited by her son and his wife. The daughter in-law is the itinerant music teacher for the district. She had her guitar with her, so the couple gave us a half an hour sing a long concert. This was most enjoyable to all.

For Australia day why don't we all roll a swag and have a big campfire night under the stars. Sorry it's impossible but each can do it in their mind.

Still no stories of your activities I live in hope. One I did hear was "she stayed in for Xmas dinner then afterwards was taken out for the family distributions of presents, "A delightful story! I'd love to hear more for future Tattler editions.

Regards to all, Viv.



***More articles wanted !!! See Kate at admin.***

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**Come and see us at  
The Grange!**



*What a sensational turnout for our very first Daytime Series event! Thank you to everyone who attended and to Murphy's Pigs for such a wonderful performance.*

*And a special congratulations to our three ticket winners on the day (valued at \$25pp). 1,400 tickets sold!!*



**Follow us on facebook to win tickets to the next Daytime Series on Thurs 4 JUN.**



**Toowoomba Podiatry—Judith France**

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



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**Resident Wrap Up!**

**Food**

- \*Chef Brett perusing comments & suggestions from Residents, re- new menu
- \*BBQ once a month
- \*Happy hour & BBQ to trial
- \*Utilizing larger dining areas & patio areas for meal variety experiences
- \*New cutlery & crockery ordered

**Residents**

- \*Daytime Series starting again 20 Feb
- \*St Stephens school children visits
- \*Nail care, well participated
- \*Pittsworth Show 6&7 March—entries

**Claim the Date**

- \*Daytime Series Thurs 4 June Bloom Sings
- \*Toowoomba Show Thurs 26 March
- \*Good Friday 10 April
- \*Easter Sunday 12 April
- \*Easter Monday 13 April
- \*ANZAC day Sat 25 April

**Alex's Notes**

- \*Work continues building
- \*Garden paths concrete pored
- \*Lodge upgrade start shortly
- \*Completion of the Service Corridor will start shortly, some noise associated with this but keep to minimum. Once completed will commence on Lodge Dining Room & Kitchen
- \*Government funding provided—refurb Wings 1,2,8 & 9 will commence

**Come along to meetings held 2nd Thursday Monthly**

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**Beuaraba Living Auxiliary.**  
**Beuaraba Living Auxiliary—Care Pittsworth + USQ Students**  
**Beuaraba Living Auxiliary—Op Shop + Therapy Dog**

**Beuaraba Living Auxiliary—**  
Committee for 2020 are—

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



**Furniture Coordinators: shared position**  
Marcia Hanlon, Judy Krieg, Rhonda Harris  
**Roster Clerk:** Valerie Dorge

**Care Pittsworth—**

While still maintaining the palliative care room at Beuaraba Living,

**Check out our facebook page.**

**Care Pittsworth Lending Service**

*For loan equipment.*

Neil & Lorraine West 0434 198 394  
Rhonda Harris 0429 939 157  
Judy Krieg 0407 628 218



**&**  
**USQ –Students**



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QUEENSLAND**

continue to use Beuaraba Living as a focus place to enhance learning & skills.

Alex, Janet, Kim & Sarah thank and congratulate trainer Owen and students having completed a practical experience block at Beuaraba Living. **Congratulations!**



**Therapy Dog**



Introducing “Leila” therapy dog with owner, Toni, David & resident John.

*Lookout in next edition feature on Leila.*

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**Board—** *A Word from the Board,*

Welcome again to Board news. With the retirement of Ken Stallman from the Beuaraba Living Board of Directors, it is my pleasure to introduce you to our newly appointed Director, Tony Osborne.

Tony is enthusiastic about taking up this role and having a positive impact on the future of our organisation. If you see Tony walking the corridors of the facility please make him feel welcome.



Keeping it brief this issue as we all await the completion of Stage 3 Building Project, I draw your eyes to the below ariel photos which shows how significant *Beuaraba* has become in the Pittsworth community.

*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](mailto: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 !**



*24-26 Grevillea St  
Old Pittsworth 4356*



**Wes and Luke**

**0437 970 057**



Beuaraba Living were privileged to help a family host a surprise celebration morning tea

**70<sup>th</sup> Wedding Anniversary for Ray & Daphne Mobbs**  
Married 14<sup>th</sup> January 1950.



**Beuaraba Living—Auxiliary BINGO**

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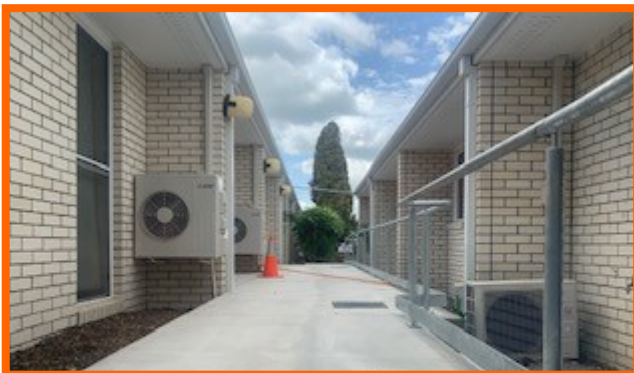
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Pittsworth and Surrounding Areas

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**Gavin Hubinger**

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Contractor No: 52 436

Lodge service corridor kitchen and laundry update in photos.



Above photo's show delivery service corridor taking shape.



The orange boarder photo on the left is to be the new front entrance to the Lodge.

*Look out for opening news!*



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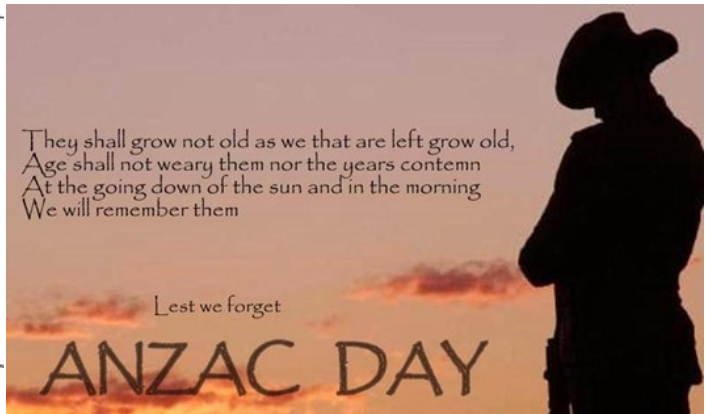
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**Ray White - RURAL  
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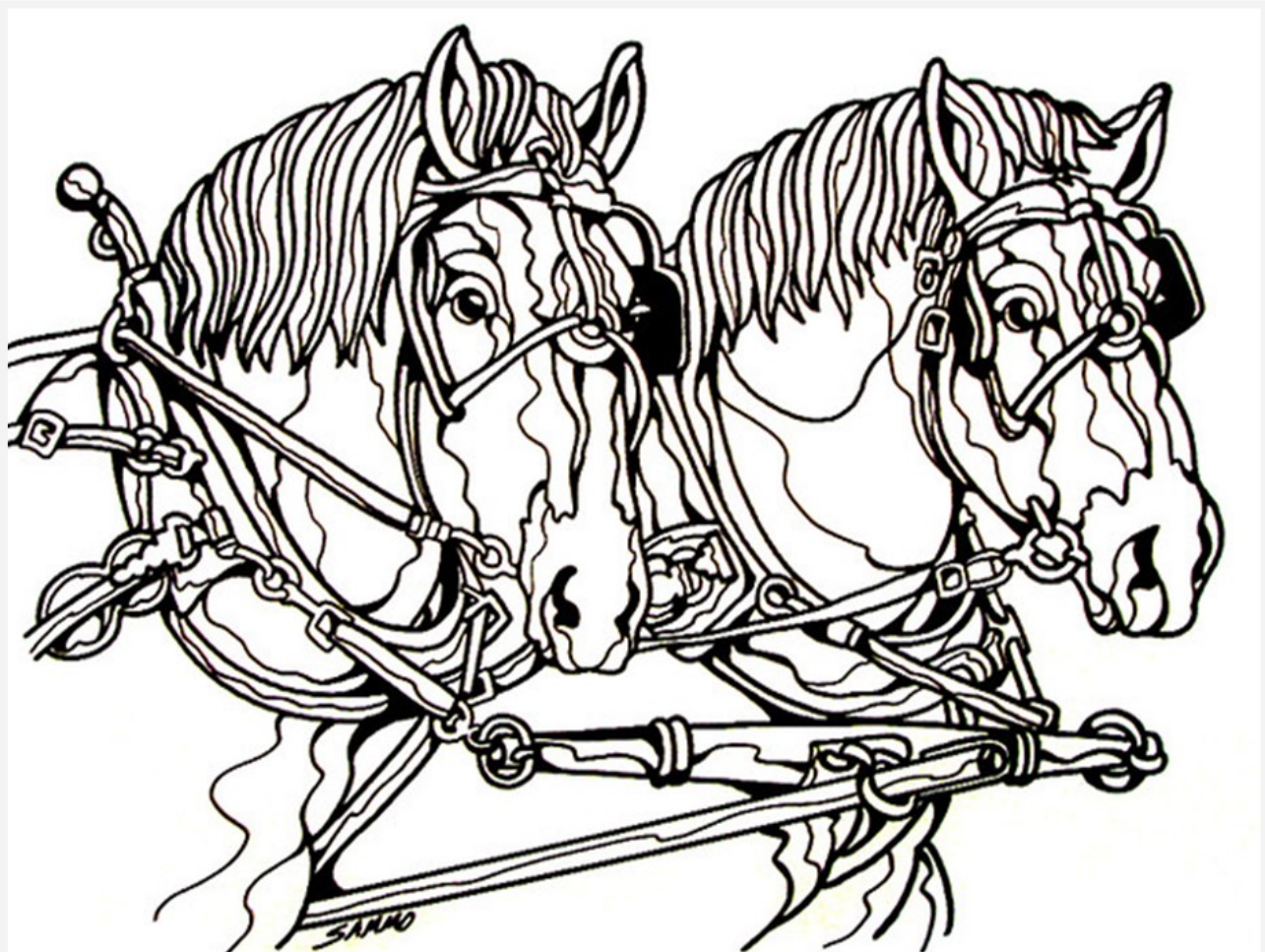


They shall grow not old,  
as we that are left grow old;  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun  
and in the morning  
We will remember them.

**ANZAC EPITAPH**  
" MY COURAGE FAILED.  
MY STRENGTH DID NOT ENDURE.  
I BROKE DOWN FRIGHTENED AND ALONE.  
I DID NOT SACRIFICE MY LIFE  
IT WAS TAKEN FROM ME  
AS THERE I LAY HALF MAD AND TREMBLING.  
PLEASE NO BUGLE CALL, NO FLAG, NO VOLLEY.  
I DIED HUMAN "



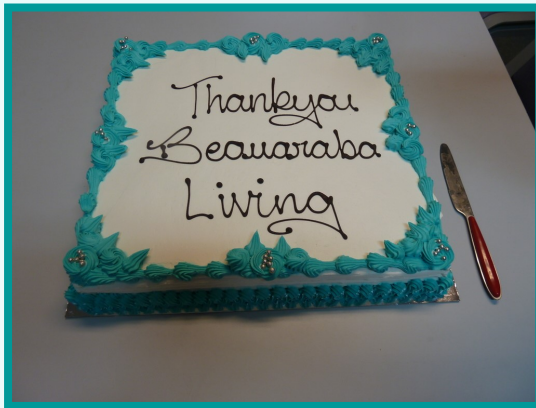
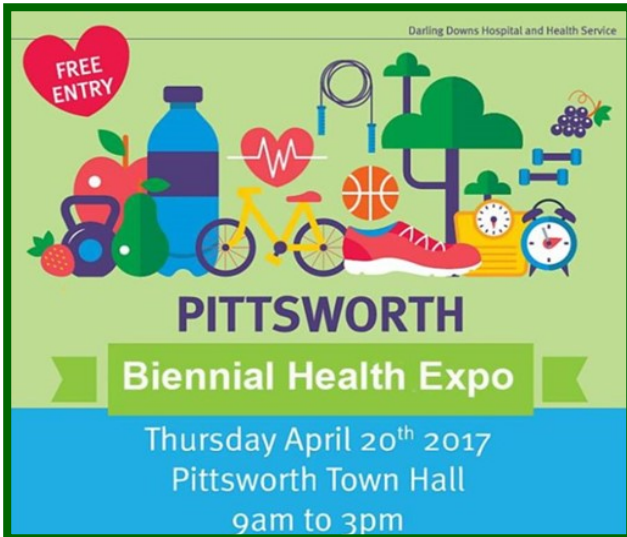
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**Thank you everyone for**  
**your fantastic support**  
**this years spectacular.**

*Bookings 2020* 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 IN-  
STRUCTIONS OF  
THE STAFF**



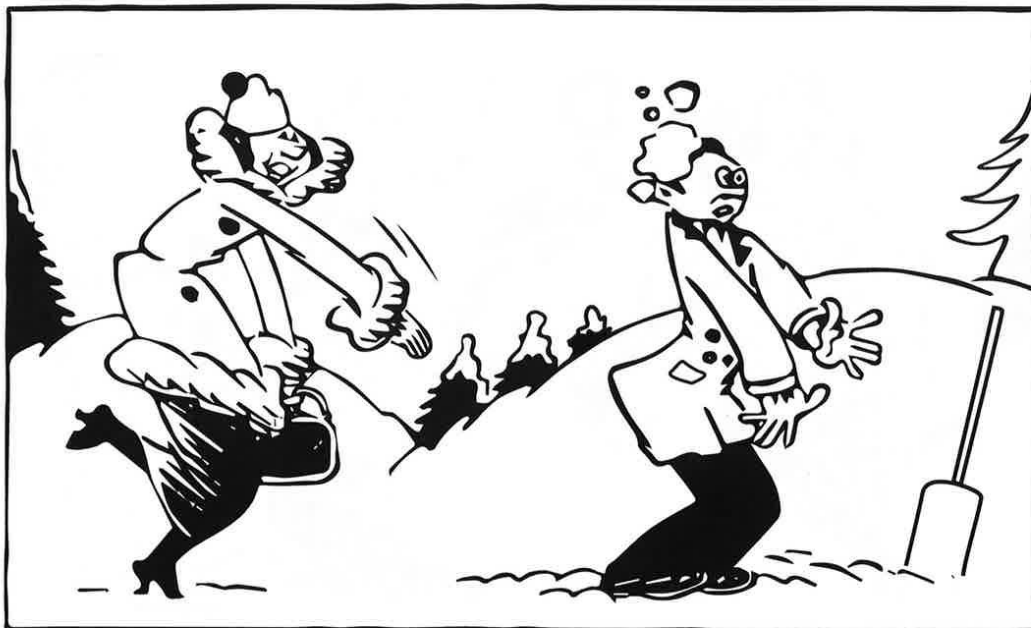
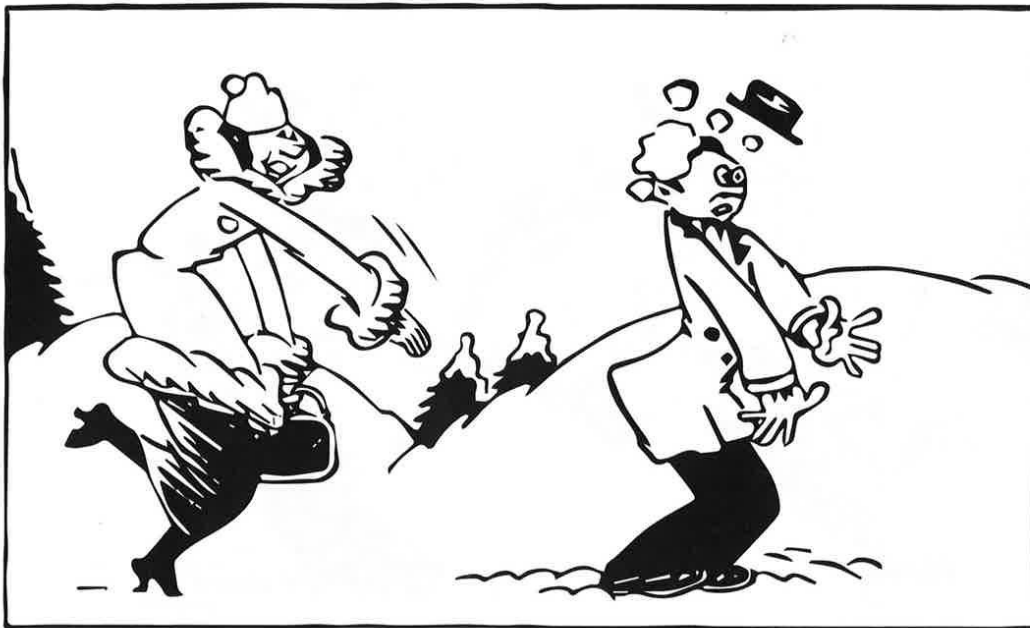
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# St Patrick's Day Word Search



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




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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

Engage  
Empower  
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