

May / June 2020

The Tattler

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



Building update ... The Leadership Team and staff assist residents to move into Brookstead and Pampas.



May / June 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.



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Pittsworth Platinum Medical Centre	4599 9200	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: On hold until further notice

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

On hold until further notice

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Pittsworth Show photos



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As we publish this edition of the Tattler we find ourselves in unprecedented times. Changes in the way we conduct ourselves socially and commercially are happening every day. These changes will be part of a new normal when the COVID-19 crisis eventually abates.

Within our facility all of our staff performing above and beyond to keep our residents safe and engaged. In the overwhelming majority of cases resident families have been totally supportive of the actions we have had to take for the safety of not just our residents but also our staff and the wider community. On Behalf of board, the team here Beauaraba Living as well as the residents, I would like to thank you for your cooperation and patience during these difficult times.

We will continue to keep you informed of any changes as they arise. Please be assured that we are following guidelines as provided by the federal and state health authorities as well as advice from our industry body, Leading Aged Services Australia (LASA). Our Board of Directors continues to function although remotely to keep abreast of operational and Governance requirements in our current situation.

Please remember, according to Government legislation, as from 1 May 2020 unless you have had your 2020 flu vaccination you WILL NOT be permitted to enter the facility. The only exception to this will be on medical grounds. Documented evidence will be required. This includes residents and staff.

On an exciting and positive note we have managed to continue with building program by applying strict separation procedures with our building contractors to ensure the safety of our residents. As many of you already know our 26 bed extension – Brookstead and Pampas Houses - is now complete and we have transferred as well as admitted new residents over the last two weeks. Unfortunately given the current restrictions we have been unable to showcase this new building for the community. Hopefully when all the restrictions are lifted we may be able to allow small groups from the community to inspect this wonderful new addition to our facility.

We have applied and have been successful in bringing 22 provisional bed allocations online. This means we have government approval to provide care in 128 beds.

The completion of the new wings is only part of the extensive refurbishments we are undertaking. The work that is underway now is the renovations of several wings in the Lodge building. The remaining work will be an upgrade to the Lodge kitchen and dining room, expansion of our laundry, an upgrade to our administration offices and the development of our Wellness Centre. We will continue to keep you informed as this work progresses.

In other news, we celebrated Anzac Day, as did all Australians in a very different way this year. See photos inside. Also, a very tall Easter Bunny visited our facility and was seen skipping through the corridors with cheery hellos and chocolates for our residents.

In the meantime, check out the latest building photos and resident activities, including our Easter celebrations, in this edition. Also please keep an eye out for our CORONANEWS newsletter where we keep you updated with the latest developments around COVID 19 restrictions and guidelines.



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



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Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: care@beauarabaliving.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

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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Welcome to the May / June Lifestyle Report: WOW, it's all happening here at Beauaraba Living!!! March saw a group of Residents heading off to the local show, and what a grand time they had. Some put in entries and were delighted to have their efforts rewarded. Congratulations to you all. Everyone thoroughly appreciated the delicious morning tea so generously provided by the St Andrew's Anglican Ladies. To top this days outing Residents were treated to an ice-cream. A huge Thank You to our local community for supporting Beauaraba Residents in this special outing.

We had a fun dress up day on St Patrick's Day with many Residents finding something green to wear. Well done everybody.

Despite restrictions Residents had a fun Easter, with the Easter Bunny and Mrs Bunny visiting to spread lots of cheer. For those of you on facebook, check out Beauaraba's page.



Although we have restrictions in place, activities in each area continue, so Residents are kept occupied with a variety of activities to engage in. We are also working with families to promote emails, Skype, Facetime sessions with their loved ones. Those staff members who are less technically minded are getting a quick education!!

Stay well and stay engaged,

Lifestyle Team



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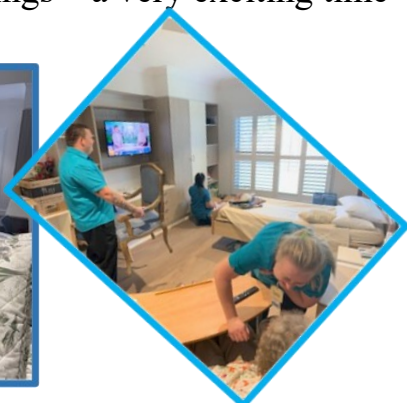
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Lifestyle team have also been extra busy assisting Residents to pack up and move to the new buildings – a very exciting time for all.



Trish assisting Flo and many hands helping Joyce into Pampas.

Residents "Bits and Pieces"

There is certainly no fun in being in lock down, no visitor's and no visiting. The staff and administration must be having nightmares just keeping up with regular then receipt of new rules and regulations issued by the Federal Government. I am happy to be a resident and enjoy the entertainment provided by the Beuaraba Living staff.

March has been a busy month before lock down occurred killing all visiting. The 6th March saw a group of residents taken to the Pittsworth Show. We were unloaded from the bus at the main pavilion and had free time to view the

prize-winning articles entered by our residents, including one Grand Champion. Later we were rounded up to enjoy a delightful morning tea provided by the ladies of St Andrew's Ladies. This was followed by a show special an ice cream. We had more free time before home to lunch.

The following Wednesday a group of us were invited to Tanami (not the W.A desert) but Jim's Farm near Mt Tyson. The bus by the Farm always with wagging tails before almost wagging their tails off when Jim spoke to them.

Kerry and a friend ushered us into the house to be seated at a table set for a very, very high morning tea. All did justice delightful repast with lots of chit-chat going on. I'm sure some of us revealed items about ourselves previously unknown. The feral free range enjoyed their morning tea on the lawn as much as we did along with the chit – chat.

Back home for lunch but no one felt like eating. With Anzac Day fast approaching we all are wondering what Caroline will produce for us, lock down will most likely still be in vogue. Happy lock down to all! *Regards to all, Viv.*

More articles wanted !!! See Kate at admin.

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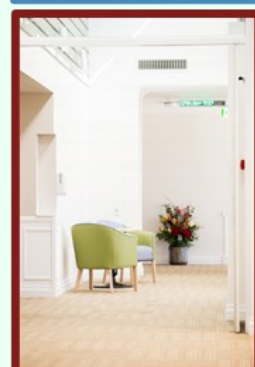
Doing Without

There's a beautiful art that is sadly neglected and daily I wonder to see it rejected by some who'd be healthy, wealthy and wise. By just condescending to open their eyes and look at things squarely, with never a pout I refer to the fine art of doing without.

Can't do as you like, then to do as you can, I'm sure you will find it the very best plan. Can't have what you want, then take what you get no better advice has been painted yet.

*Tis the bravest and blithest and best way by far not to let little losses your happiness mar
Tis an art that needs patience of that there's no doubt but tis worth it,
this fine art of doing without.*

Residents enjoying settling in to Brookstead ... morning tea inside and also for a change go outside in the garden area Its so beautiful and why not!



Toowoomba Podiatry—Judith France

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

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Resident Wrap Up!

The day we left the Lodge, To spend some time at Brookstead
We found it hard to leave the old, and venture into something
new, When most of us are old and staid, Its not easy to begin
to change.

But now we're here it seems so great to look around, and find a
place to sit and chat, and play a game, a jig-saw waiting to be
framed.

Then to the meals so prompt and tasty
With a brand new kitchen bright and trendy colourful cups with
saucers to match, Who would want to go anywhere else.

Three cheers for all the helping hands,
Who joined the team to form a band,
Of cheerful "Movers" whose motto
"If you can lift it we can shift it" proved so true.

And shift they did with no complaints,
And even as the day wore on'
They still looked cheerful with a smile, Upon their faces all the
while.

I wish you could see the decor here,
Beautiful flowers in vases grand,
A sailing ship displayed on a stand,
Along with a little paddle steamer =
Perhaps it's looking for some water
Do come and see, as I think you "oughter"

Oh, I nearly forgot the new laid garden, With a beautiful fence
to enclose it, Trees that are newly planted will grow, And we'll
have lots of flowers to enjoy as we go.

This is just the beginning of days
May we spend them here in calm content
Beauaraba Living is "on the move"
There's more to enjoy as today we've proved.

Supplied by resident H.M. Windsor. 16.4.2020



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

+ Dog Therapy

Beauaraba Living Auxiliary—

Committee 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

Care Pittsworth—

While still maintaining the palliative care room at Beauaraba 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

We have had a very busy year so far and would like to thank all the people who have made donations to the shop and for all the people who volunteer to work at the Op Shop.

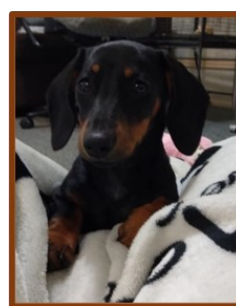
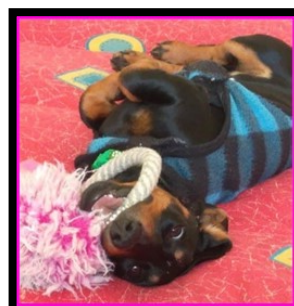
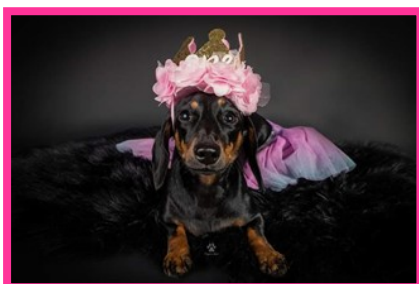
It is just a little sad that we have had to close due to the Covid-19. It was for the safety of all our volunteers and our customers, but we are looking forward to opening again and having a sale to clear some of our stock.

We look forward to receiving your donations again when we open.Jeannette


Therapy Dog—Liela turns 1year old.

Liela - Dog Therapy

Liela, (sounds like Leela) was born on the 27th February 2019 in Gympie. She was 1 of 7 in the litter. Having talked with management, I then started bringing Liela in for odd visits when she was a few months old. Liela loved everyone, residents and staff as she is such a loving caring dog. She loves coming and visiting everyone and getting all the attention from not only the residents, but also staff and anyone who may be visiting. She loves playing with her toys and making people laugh giving out warm fuzees as she loves to cheer people up.



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Board— *A Word from the Board,*

Well who could have imagined the circumstances we currently find ourselves in regarding the impact of Covid 19.

While the requirements of dealing with the virus are difficult for all of us, they are especially difficult for the management and staff of Beauaraba Living as they meet the daily challenges of safely caring for our residents.

We all acknowledge their dedication.

I am almost certain that the March Board meeting was unique, in that social distancing meant that physically being in the same room was not possible, this led to the meeting being held via phone conference. All Board members and senior management participated successfully, which enabled all Board obligations to be met.

The new Brookstead and Pampas wings are now open for use and residents are starting to occupy available beds. This is allowing the continuation of building works which link the new buildings to the existing facility, as well as the planned upgrades to some of the original wings. We were all disappointed that the current Covid restrictions prevented an opportunity to showcase the new wings publicly, before they become occupied. The standard and design of these new wings takes Beauaraba's high standards even further.

Well done to all involved, and we look forward to when the current restrictions can be lifted safely.

Graham Clapham Board Chair.

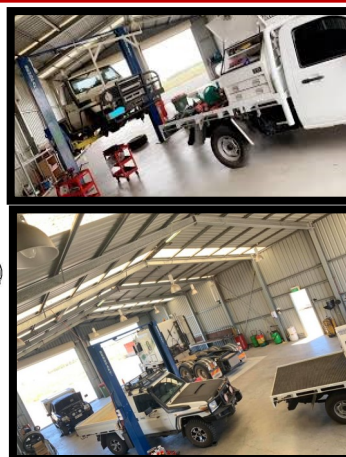


BEAUARABA LIVING FOUNDATION

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@beauarabaliving.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

Happy Mother's Day



**Wishing all lady residents
a Lovely Mothers Day on
Sunday 10th May**



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Church Services outside Brookstead 24/04/2020

Pastoral Care Charlie conducts an outdoor service.



Thank you !
Donna -Yandilla Rose Stylist
 who worked closely with the Leadership
 team in styling Pampas. We also have
 a huge shout out to *Scott* who hung
 prints, measured and offered a keen
 eye to the fit out.

Thank you, Thank you,



Fire Safety...

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



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★ Melody Lane

Try to find these musical words that are hidden in the diagram either across, down or diagonally, and you'll find that one of them isn't there. What's the missing word?



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

ACOUSTIC
CALYPSO
COUNTRY
DANCE
DITTY
ETUDE
FUGUE
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SONG
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Staff line up in front of Beauaraba Living with residents ready on ANZAC day dawn.



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What a great poem! *article supplied*

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told. ???!!!

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

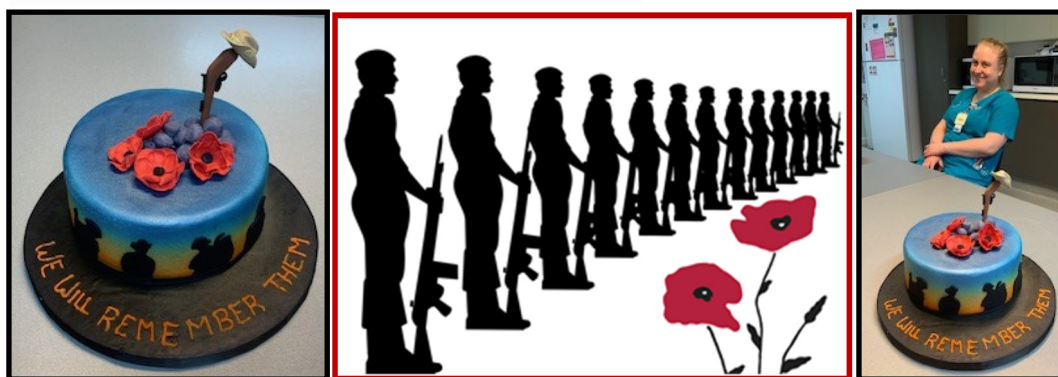
It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!



Staff celebrated ANZAC on Friday with a cake decorated by staff member Tash... wow fantastic job!!



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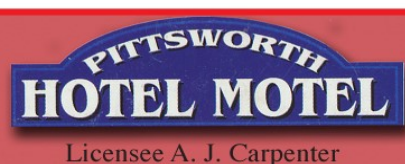
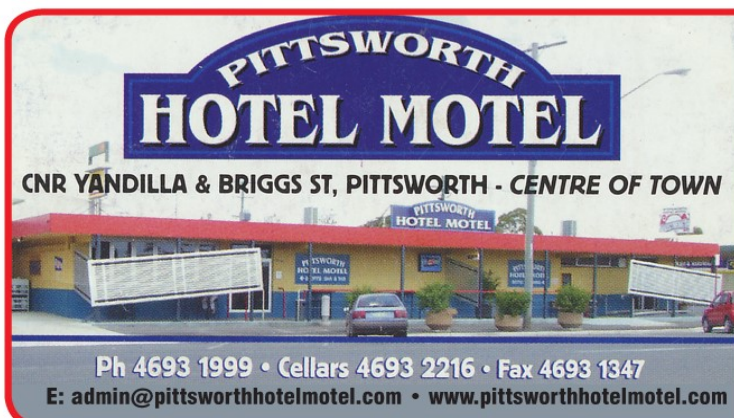
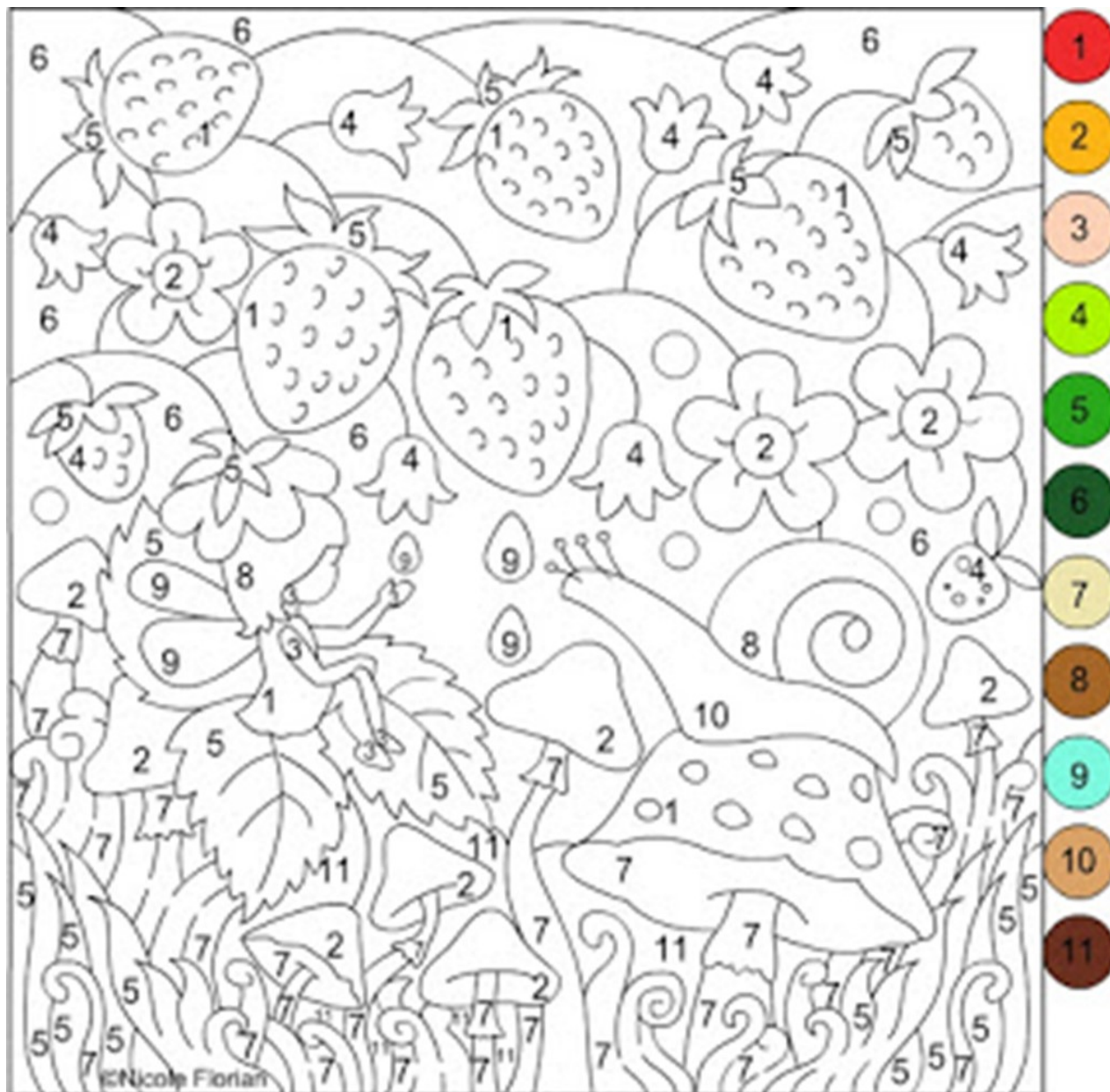
email: bernayslegal@bernays.com.au

Visiting office:

132 Yandilla Street, Pittsworth

Ph: (07) 4693 1023

colour me in



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



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



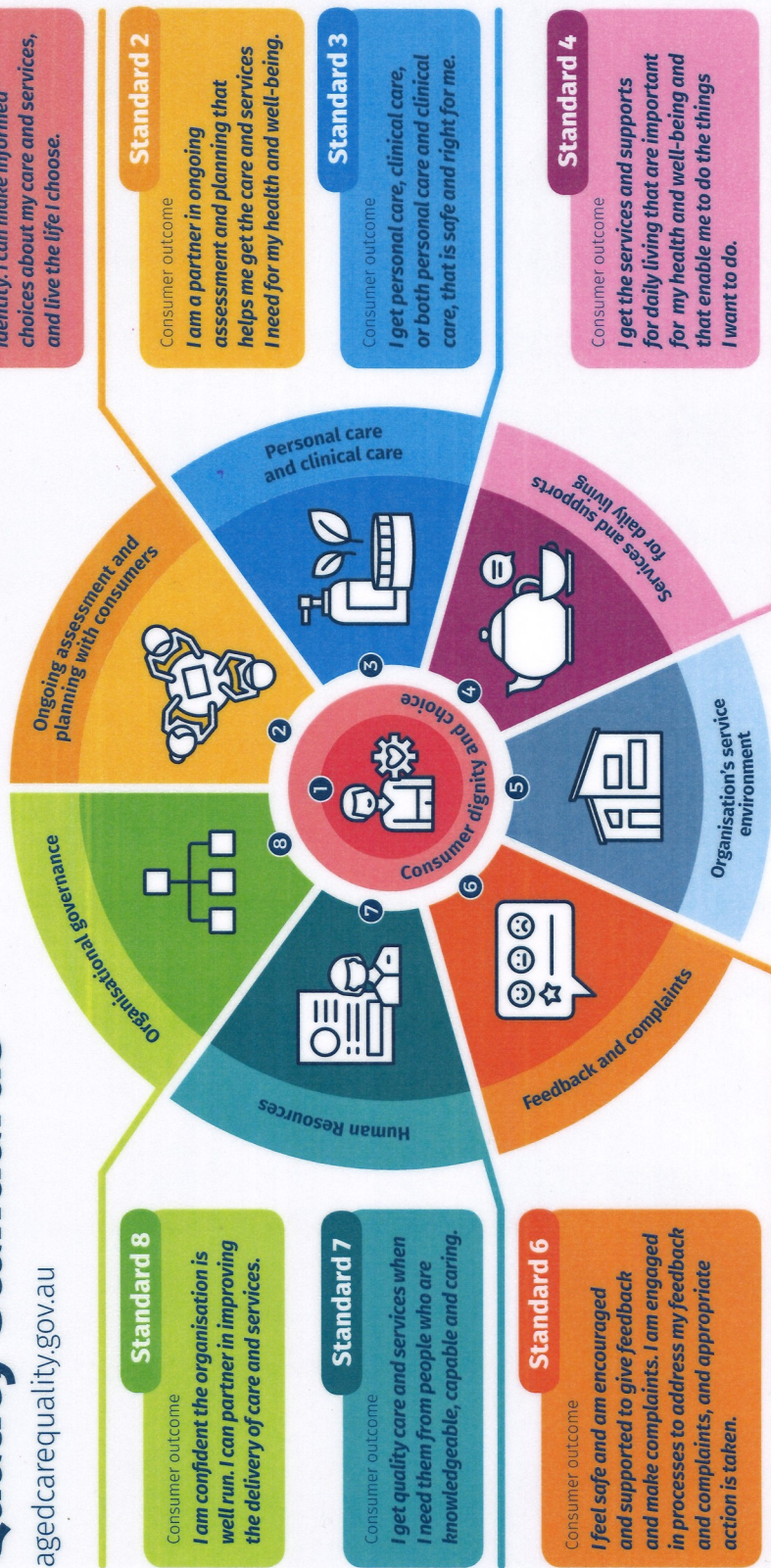
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Aged Care Quality Standards

agedcarequality.gov.au



Australian Government

Aged Care Quality and Safety Commission

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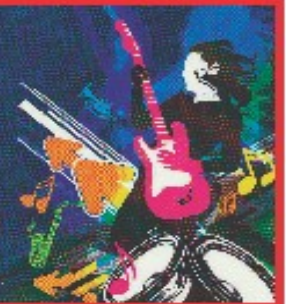
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