

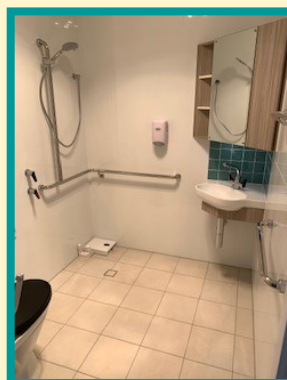
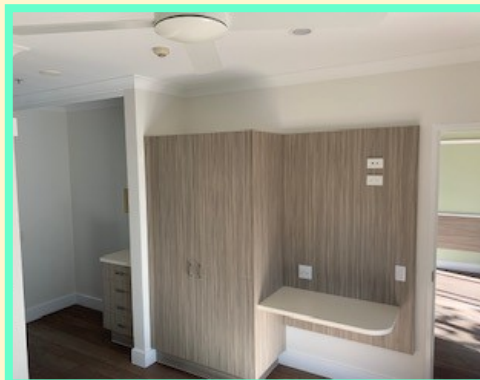
July / August 2020

The Tattler

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



**Lodge entrance
has a fresh look
with new
fencing...**



Above are photos of— Wing 1—Lodge refurbishment.



July / August 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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Cover Building Stage 3 update	1	Board	11
Events and Contacts	2	BLA Op Shop Grant	12
Letters of Joy & Laughter	3	65 Years Wedding Anniversary	13
Leadership Team	4	EKKA Find a word	14
Information	5	Service Delivery Link	15
Lifestyle	6	Parachute games 2020	16
Residents Bits & Pieces	7	Colour me in	17
Lodge Dining Room update	8	Charter of Aged Care Rights	18
The Care Worker / Thanks	9	Aged Care Quality Standards	19
BLA, Care Pittsworth, Op Shop	10	Supporters Page	20

Pittsworth Platinum Medical Centre	4599 9200		
Pittsworth Medical Centre	4693 1900	Physiotherapist (Jacqueline Scott)	0418 747 283
Women's Health Clinic	4619 8422	Pittsworth Office	4693 2255
Podiatrist—Private Visits	4632 1100	Child Health Nurse (Mary)	4695 3123
Hearing iHear	4638 1277	Visiting Tuesday weekly	10.00am to 4.00pm
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

Keep in touch — Follow Beauaraba Living on



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Bringing Joy and laughter to the residents at Beauaraba Living.

In June upon the students returning to high school, Grade 11s and 12s put pen to paper and reconnect with the elderly of our Pittsworth community through the art of letter writing. Organised by the SRC, our Senior students used Wednesdays' DPS lesson to whip out their best stories in the hope of brightening an elderly person's day. These were then delivered to the residents of Beauaraba Living mid-June and distributed.



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Welcome to our July/August edition of the Tattler. As the world continues to grapple with the COVID 19 pandemic, The economic and social implications at all levels of society are yet to be fully realised. We can only do our small part as individuals and an organisation to ensure the best outcomes for our residents, staff and the wider community. We very much appreciate the ongoing cooperation family members and visitors to ensure we abide by government guidelines and keep our residents safe. In spite of the ongoing uncertainty for the pandemic situation there are still things to celebrate here at Beuaraba Living. Many of these activities and milestones captured in photographs and included in this edition.

Old style letter writing is supposedly a thing of the past however school students having been practising this skill by handwriting letters I'm passing them on to our residents. It has been delightful for residents to receive these letters from students they most likely don't even know. Thank you so much to the students who have participated and for those teachers who organised such a wonderful activity.

Residents have been taking advantage open new garden of the area outside Brookstead House by enjoying a game of bocce during happy hour. I was roped into a quick game but have decided I need to hone my skills before playing again!

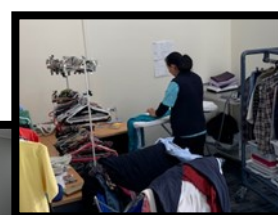
Our building project continues with rooms in Lodge Wings 1, 8 and 9 renovation nearing completion. Wing 2 which is now purposed as the link between the Lodge and Pampas and Brookstead Houses is also nearing completion. It includes a long-awaited chapel and activities area. Refurbishment of the washup area and dining room are underway and the laundry upgrade has also commenced. The final stages of the project will be the upgrade of the administration area and the creation of the Wellness Centre. As the work progresses we are re-establishing the landscape which includes a stylish perimeter fence along the southern side of the property. While the progress is exciting to watch, I'm sure we are all looking forward to completion date.

The Op Shop is open for business again after assessing and mitigating risks. This is great news for the community who support us. Thank you so much to our volunteers who were eager to start trading again. Details on trading hours and COVID protocols are included in this edition. Congratulations to the group for the TRC Micro Grant Success.

Finally, we were delighted to witness the celebration of Henk and Corries' 65th wedding anniversary. See page 13.

Again thankyou to the community for your support over these difficult few months. Let us continue to be vigilant in keeping our residents safe.

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



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how we can improve!**

If you have any suggestions or comments, please contact:

General Manager

Beauaraba Living

10 Weale Street

Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: care@beauarabaliving.org.au or

Board Chair

Mr Graham Clapham 0429 700 496

Follow Beauaraba Living on Facebook



Suggestion Box: Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in all the foyers. Staff on duty can assist you if required. These forms can then be placed inside the box for daily collection. **or** **External Avenues that you may use if the issue is not resolved:**

Qld Aged & Disability Advocacy

- Freecall 1800 818 338

Aged Care Quality and Safety Commission

- Freecall 1800 951 822

- agedcarequality.gov.au

Beauaraba Living Auxiliary



Shop Opening Hours

Monday	9am to 2 pm
Tuesday	9am to 2 pm
Wednesday	9am to 2 pm
Thursday	9am to 2 pm
Friday	9am to 2 pm
Saturday	Closed Closed

New Volunteers are Welcome

Drop in & see us at the Opportunity Shop
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Welcome to July and what a chilly start we have had. Despite the cold weather, we have been very busy here at Beauaraba. With changing restriction requirements, we have been very busy making necessary changes to the activities being offered and have found Residents generally enjoying the variety of different activities being offered. One Friday in mid-June, the weather was perfect to hold Happy Hour on the Brookstead patio and we included Bocce games on the grassed area. This proved very popular as you can see by the photos. We have introduced a number of different Power Point presentations; which Residents are enjoying.

Building renovations continue, and Management have gone to great lengths to ensure Residents lifestyle and routines have not been overly affected by this.

A big 'Thankyou' to our local High School students, (and the teachers who supported them) to put pen to paper and write Residents some wonderful letters. Residents thoroughly enjoyed reading these letters, which created much discussion and reminiscing. Some Residents were unable to respond, so we did group replies to these letters.

These sessions tended to take far longer than originally thought, as comments in the letters had us all reminiscing about our own youth. *See page 3.*

Several Residents insisted on writing their own replies, with one Resident who is a keen letter writer, choosing to not only answer her own letter, but replied to letters for other Residents as well.

We have just recently received a booklet of letters from the students in MacKillop Club at St Stephen's School. With school holidays, we plan to reply to these letters by the time students return to school. Again, an amazing effort by students and teachers. There was much discussion with Residents about the difference in the letters from the Primary School students in comparison to the High School students, with all agreeing that children seem to grow up so much in those few short years.

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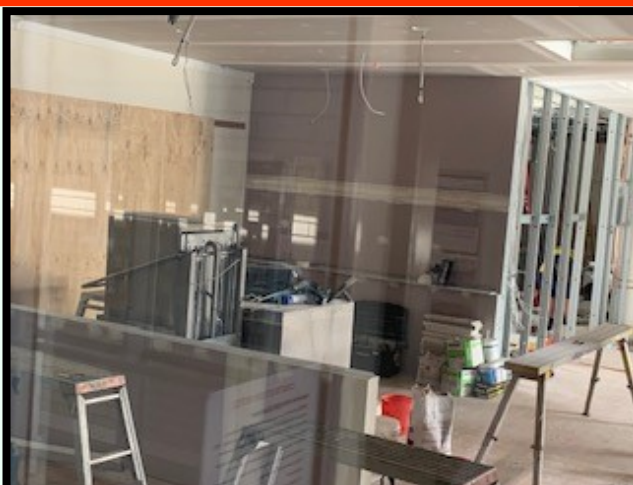


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The Grange!

Lodge Dining room construction has started, update in pictures. First photo showing where residents are using Springside Dining Room, final artist impressions of when completed.



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The Care Worker

By Zoe Porter

I wake them up, I get them dressed,

I brush their hair so they look their best.

I make their bed and wash their clothes,

The little things that no-one knows.

I hold their hand when they are scared,

I talk to them when no-ones there.

I give them a friend when they are alone,

I treat them like family, like one of my own.

And when its time to save a life,

I keep my heart strong, and hold my head high.

I wait 'til its over, when everything's done,

When the house has gone quiet, the emptiness comes.

So please don't' judge me, when you think I don't care,

I look after your family, when you are not there.



*Thank you Beauraraba Living Staff for going
above and beyond during the past 5 months.*

Many thanks, the residents.

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Beauaraba Living Auxiliary—Care Pittsworth , Carers Group
Beauaraba Living Auxiliary—Op Shop**

Beauaraba Living Auxiliary—

Committee for 2020 are—

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

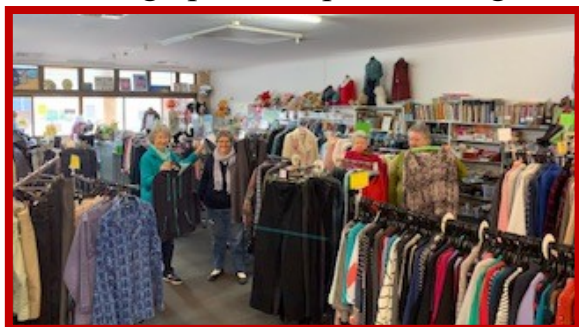


Furniture Coordinators: shared position

Marcia Hanlon, Judy Krieg, Rhonda Harris

Roster Clerk: Valerie Dorge

We have had a very busy year so far which had been interrupted by the Covid-19 restrictions. Working closely with the Leadership team of Beauaraba Living were are again operating under the retail banner. Again a big thank you to our volunteers who have gone above and beyond with setting up the shop to trade again.



We are accepting donations to the rear of the shop and ask that social distancing is observed both dropping goods off or shopping within the store.

Our hours are reduced *M-F 9am to 2pm* with No Saturday trade until at least Aug/Sept.Jeanette Chair BLA



Care Pittsworth— and the Carers group. Our Carers group has been in recess due to COVID-19 but thankfully with the relaxing of restrictions we were able to meet again on Wednesday June10 at “Afternoon and Coffee Spoons”. Great fellowship was enjoyed by some 17 happy people. An open invitation is extended to all people in the Pittsworth community who are caring for someone and would like to attend a morning tea with like minded people the next one will be at 9.30am Wednesday 8 July at “Afternoon and Coffee Spoons”. Contact Judy Krieg 0407 628 218 for further information.


Check out our facebook page.

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Board— *A Word from the Board,*

The ongoing impact of dealing with the Covid pandemic still remains a very real issue for all involved at Beauaraba. Board meetings have been conducted via phone conference, and while that method enables basic obligations to be met, I think most Board members are keen to be back to the usual format. With the easing of restrictions, hopefully the next meeting will be back to normal, with appropriate social distancing.

The Board has been conscious of the extra work load on staff and management stemming from requirements to manage the risk of Covid entering the facility, and the patience of the public who have loved ones they wished to visit. We can all be grateful that thus far both staff and residents remain safe. Unfortunately though, the risk posed by this virus is still with us, and we all need to be mindful of the vulnerability of our residents when entering the facility.

The new wings of Brookstead and Pampas are operating, however construction and upgrading is still occurring in other areas of the facility, and will be for some time yet. While the dislocation is problematic, the refurbished older rooms and upgrades to other sections of the facility were needed and will greatly enhance daily operations.

As Board Chair, I would like to acknowledge the contribution of fellow Board members in guiding the strategic direction of Beauaraba Living. The overwhelming intent of each member is to ensure that Beauaraba continues to deliver sustainable high quality care to those in our community who need it.

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 !**



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Community Support Micro Grants-Success.....



Toowoomba Regional Council (TRC) has been able to assist 147 community organisations throughout the Region by providing more than \$45,000 as part of the **Community Support Micro Grants**.

"The Coronavirus pandemic has disrupted our community and added a new set of challenges for groups trying to adapt to a new normal,"

TRC—decided to use unspent funds from the Community Grants Programs in 2019/20 financial year and put them towards this program which gave groups a chance to apply for funding up to the amount of \$499.

BLA—Op Shop opted to purchase hygiene & sanitising stands which will assist in providing a safe community space for the future months ahead as social distancing restrictions begin to ease. **Thank you ! TRC.**



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Such a Milestone, 65 years Wedding Anniversary

Henk and Corrie have celebrated their 65 years of marriage during this COVID-19 challenge on the 4th June. They were both born in Holland but met in Australia and married 4 June 1955. They lived in Brisbane, retiring at the Gold Coast. Both missed their family so much, three children, (two girls and a boy), they decided to move to a retirement village in Toowoomba on the Darling Downs to be closer to their daughters. Henk a founding member of the Hollandia Soccer Club which then became Brisbane Lions Soccer Club, then renamed to Brisbane Roar Soccer Club. Corrie worked at the original Speedo swimwear factory sewing bikini's in her early years moving to Australia. Their decision to move into aged care came when memory

support was required, so Henk and Corrie moved to Beauaraba Living aged care home in Pittsworth some five years ago. This has enabled both to stay together *"Bringing happiness to everyday", home is where the Heart is!* In their prime time of life, they celebrate with 3 children, 12 grandchildren and 16 great grandchildren.



Congratulations on your 65 Years of a beautiful marriage, friendship, and love.



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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Update on the Service Delivery Link at the Lodge, *was Lodge wing 2.*



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colour me in



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

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

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

Charter of Aged Care Rights

I have the right to:

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



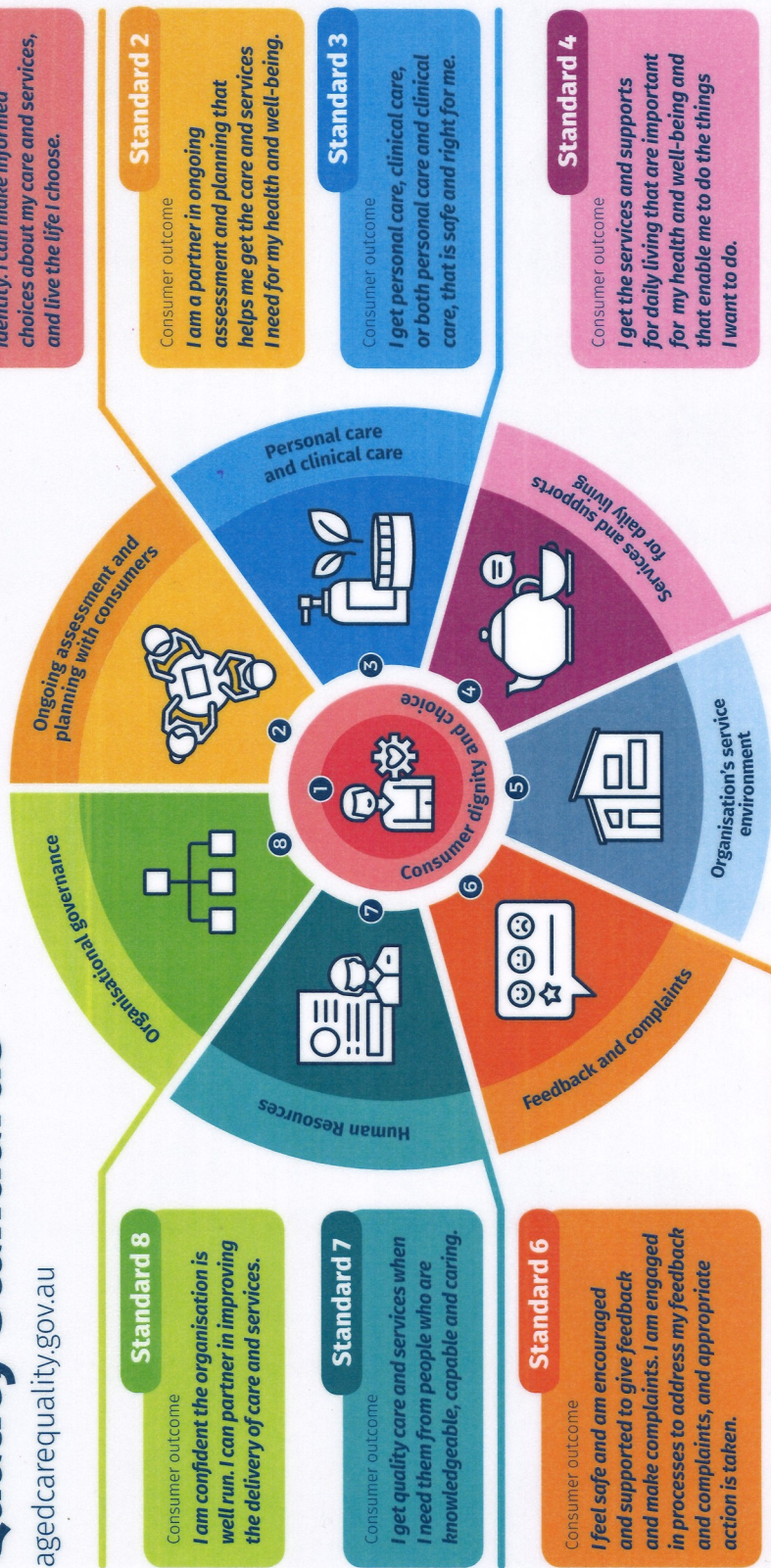
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Aged Care Quality Standards

agedcarequality.gov.au



Australian Government

Aged Care Quality and Safety Commission

Engage
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Daytime Series 2020

Thurs 4 JUNE , 11AM

Bloom Sings

Thurs 13 AUG, 11AM

Back to the Tivoli

Thurs 3 DEC, 11AM

Craig Martin



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