

January / February 2021

The Tattler

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



January / February 2021 *in this issue*

Executive Team Report, Board News,
Lifestyle , Report, Word Search, Melbourne Cup Day,
Building update, Ice-Cream Parlour, Residents' Charter of Aged Care Rights'
Plus all your regular features.



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Pittsworth Platinum Medical Centre 4599 9200
 Pittsworth Medical Centre 4693 1900
 Women's Health Clinic 4619 8422
 Child Health Nurse (Mary) 4695 3123
 Hearing iHear 4638 1277

Active Residents Groups:

Beuaraba Living Auxiliary
 Community Carers Group
 BLA—Care Pittsworth
 Residents Forum

meet 1st Monday monthly 1.30 pm
 meet 2nd Wednesday monthly 9.30am
 meet 2nd Wednesday monthly 2.00pm
 meet 2nd Thursday monthly 3.30pm

Pittsworth Bowl Club
 Afternoon & Coffee Spoons
 Afternoon & Coffee Spoons
 Yarranlea

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 Beuaraba Living on



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Welcome to the first edition of the Tattler for 2021. I trust all our readers had an enjoyable Christmas and New Year. While celebrations here at Beuaraba Living were a bit low key, there was still plenty of activity and entertainment. See plenty of photos in this edition.

I think many of us were keen to see the back of 2020 and the impact the pandemic has had on all our lives. However, it doesn't look like we are seeing the end of it for some time yet. Our thoughts go out to those who have been directly impacted by the virus and those who have tragically lost someone close to them.

We would like to thank you all for your patience and understanding for the constantly changing visitor restrictions that we have been required to put in place.

Our building project came to a standstill over the festive season but it was scheduled to recommence on 11 January to undertake the remaining work on the wellness centre. Our target is to be totally completed by the end of January. I know we are all looking forward to that final day.



Wellness Centre is taking shape!

Again, welcome to 2021, celebrate Australia Day with family and loved ones and we trust you will have a safe and prosperous year ahead.



Alex, Janet, Kate, Kim



Australia Day

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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

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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	9 am to 4 pm
Tuesday	9 am to 4 pm
Wednesday	9 am to 4 pm
Thursday	9 am to 4 pm
Friday	9 am to 4 pm
Saturday	9 am to 11.30 am

New Volunteers are Welcome

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Happy New Year everybody!!! Let's hope 2021 is an improvement on 2020!!

Melbourne Cup was celebrated with a delicious luncheon provided by Cater Care. We then adjourned to watch the race. The celebrations continued throughout the week, with Rob & Rose hosting the closing event, 'The Beauaraba Cup'. A lot of fun was had with this computer generated race meeting. Fortunes in Monopoly money were won and lost on the day. Jim proved to be the shrewdest punter, by sitting on his start up capital and putting the lot on one horse in the last race. He became a Monopoly millionaire in one bet, and sent the Bookie into bankruptcy!!

Heather held a very moving Remembrance Day Service for Residents. (see pic's) She also created displays that Residents could reminisce over. Thankyou Norm for the amazing Art work that you provided as part of this display. We've had a busy couple of months. Much to Residents delight, we have resumed bus outings, with of course, reduced numbers due to social distancing. The bus has been around quite a few local areas, including a couple of lovely visits to some sunflowers on the outskirts of Clifton. We ran across the local grower Tim Logan.

Tim kindly invited us onto his property to have a good look around, and suggested we drive the circumference of his 400 acre crop, to give us an idea of it's size. Tim also generously cut some flowers and presented one to everyone on the bus. Tim, I can tell you the ladies appreciated your gesture, and with the tender loving care they received from the ladies, those flowers brightened the Dining room for weeks. We have had a Reminiscent tour around Pittsworth, and some other areas we have visited, include Southbrook, Felton, Clifton, Cambooya, Wyreema and Westbrook.

We're pleased to be back to having regular church services, even if they are somewhat modified due to Covid. A huge thankyou to Charlie for his on-going support through this time.



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Christmas decorating has kept everyone busy. With the new and refurbished areas, it has been a lot of fun. And wasn't the Christmas tree in Admin beautiful!!

Also we have a few Christmas Elves among our Residents, and hasn't the one who lives in room 403 done an amazing job.

Also a big thankyou to the Residents who worked diligently on their art work, which is displayed throughout the facility.

Residents are learning and doing new things all the time. During a recent Happy Hour, they were introduced to a new dice game called 'Pig'.

Another big Thankyou to the Year 9 Art Group students from Pittsworth State High School for the amazing handmade cards they made for Residents.

As you can see from the pictures through out this edition of the Tattler, the Residents enjoyed getting these personalised cards from students and having Christmas parties and functions.



Stay well, and stay engaged, Lifestyle team.



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The Grange!**

Pastoral Carer—Charlie out and about



Hi, to those of you who have not met me before my name is Charlie Uebergang, I am the Pastoral Carer here at Beauaraba Living. It is a wonderful privilege to come (visit) into someone's space and meet them where they are at in life's journey. My role of Pastoral Carer is for the residents, families and staff.

Please make contact with me if you need to talk to me or would like me to come and see you.

It has been a privilege and a honour to have been asked to officiate at some of the resident's funerals. If I can help you and your family when your loved one's earthly life finishes please feel free to talk to me.

I had to take leave for 7 weeks to have a knee replacement . During this time Mandy Beard filled the Pastoral Carer role for me. She is a Pastoral Carer at the Toowoomba Base Hospital, during the last 7 months volunteers have not been able to go to the hospital so she was an ideal replacement for me. So thank you Mandy for doing that for me and Beauaraba Living for welcoming her on staff.

So lastly if you would like to see me or your family resident please contact lifestyle and they will pass the message onto me to me. Warm regards.....Charlie Uebergang.



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Wed 9.30am-1pm

Sat 8am-finish

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Residents Bits and Pieces.....

Once again I must make an appeal for contributions from fellow residents. Since the easing of Covid restrictions it is pleasing to see so many visitors coming to visit friends and relatives or residents going out for the day to spend the day with their families. I know that my family has taken every opportunity to make the most advantage of the easing.

I know many residents were out of our home to spend Christmas Day with their family. To those who could not go out activities were planned and a beaut meal was provided on Christmas Day.

Haven't the Christmas decorations and trees been most enjoyable. I wonder if all the presents under and around the trees were full with gifts or hot air? One thing that I have pondered on, when we first moved in to Brookstead and Pampas, all activities were shared by both areas but at present covid has again stopped this. Warm regards Viv.

PITTSWORTH PHOTOS



Shop6, 110 Yandilla Street, Pittsworth

Phone 4693 3310

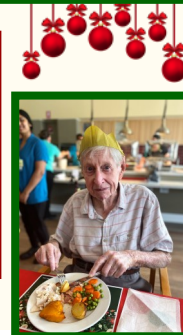
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Beauaraba Living Auxiliary—Care Pittsworth , Carers Group
Beauaraba Living Auxiliary—Op Shop**



**Beauaraba Living
Auxiliary— Notes
Committee for 2021**

Chairperson: Anita Rühle
Vice Chair: Ann Stallman
Secretary: Veronica Henricks
Treasurer: Barbara Piper
Roster Clerk: Valerie Dorge

Furniture Coordinators: shared position
Marcia Hanlon, Judy Krieg, Rhonda Harris

Welcome to 2021, I hope everybody enjoyed Christmas and New Year with family and friends.

The Christmas Afternoon Tea which was held at Club Pittsworth was attended by 32 volunteers. This is our way of saying thank you to all our volunteers for the hard work during the year. The Christmas raffle was won by Marie Gordon, second prize Sandra Rohde and third prize Lyn Pearce. An enjoyable afternoon was had by all.

We closed the op shop on Christmas Eve until Monday 11th January 2021. The week before opening we had a working bee to spruce up the shop before commencing trade for 2021.

Call into the Op Shop in Yandilla St to see our specials and



If you have a few hours of spare time and would like to meet new people, help in the daily activities at the op shop, call in to collect a volunteer booklet. We would welcome some new volunteers.

Beauaraba Living Op Shop

Phone Number 4693 2530



Care Pittsworth—

Check out our facebook page.

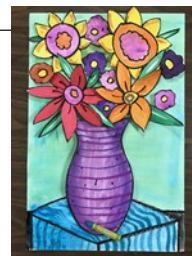
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- ♦ Walking sticks



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Board— A Word from the Board,

As we start 2021 the Board and management looks forward to an end to the building and upgrade program that has been happening for the past year.

Even though Covid was unheard of when the building program began, it has been a credit to all involved that the timeline has not been significantly extended. Even though the opportunity to display the finished product has been severely limited by the Covid restrictions, anyone who has had the opportunity to view the new buildings, and the upgrades have been impressed

by the standard of the work, and the improved ambiance in the refurbished areas. This all contributes to the standard of care provided to our residents and their families in Beuaraba Living.

The Board and Management are eagerly anticipating the completion of the wellness centre this month, and after fitout hope to hold a public opening, that is if Covid restrictions allow. The wellness centre is the final area of the building and refurbishment program to be completed, and the fit out has been enabled by the generous support from local residents. This facility will be a welcome addition to our facility, including an equipped gym, and consulting rooms for visiting allied health specialists who attend our residents.

While we start the year with a full Board membership, having had two new members join in the past year, we remain grateful for those who have given freely of their time and wisdom in the past.

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 !

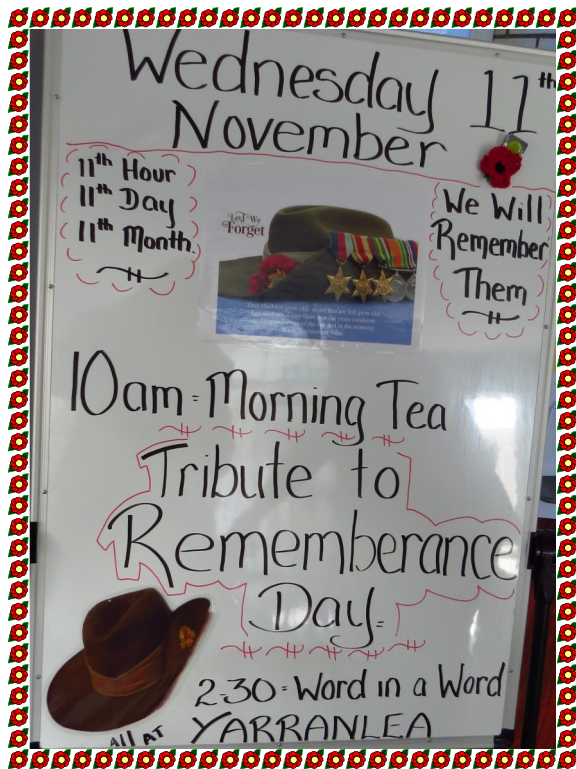
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Remembrance Day 11 November 2020

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- Blocked Drains



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Woolworths visit 18 December 2020



Resident Jean, Alex, and Kate accept the gift bags .

To Kate and the Team at Beauaraba Living, firstly thank you for allowing us to visit and tour your amazing facility. Once again Thankyou and Merry Xmas to the Residents and staff at Beauaraba. Regards Ellen and team.



The team here at Pittsworth pride ourselves on community spirit especially at Xmas time, yesterday we delivered ham-pers to the local aged care facility “Beauaraba”.

We were treated like vips and given a royal tour of the new and amazing facility. Thank you Kate. I feel we as a team got much more in return than what we donated and set out to achieve!!.

#payitforward #community

#doingthetightthing

+Jeremy Kearnon-Bowler + Jason Read

+Robert Draper +Chris Peters + Robert Moffa



Residents and Staff

Thank Woolworths



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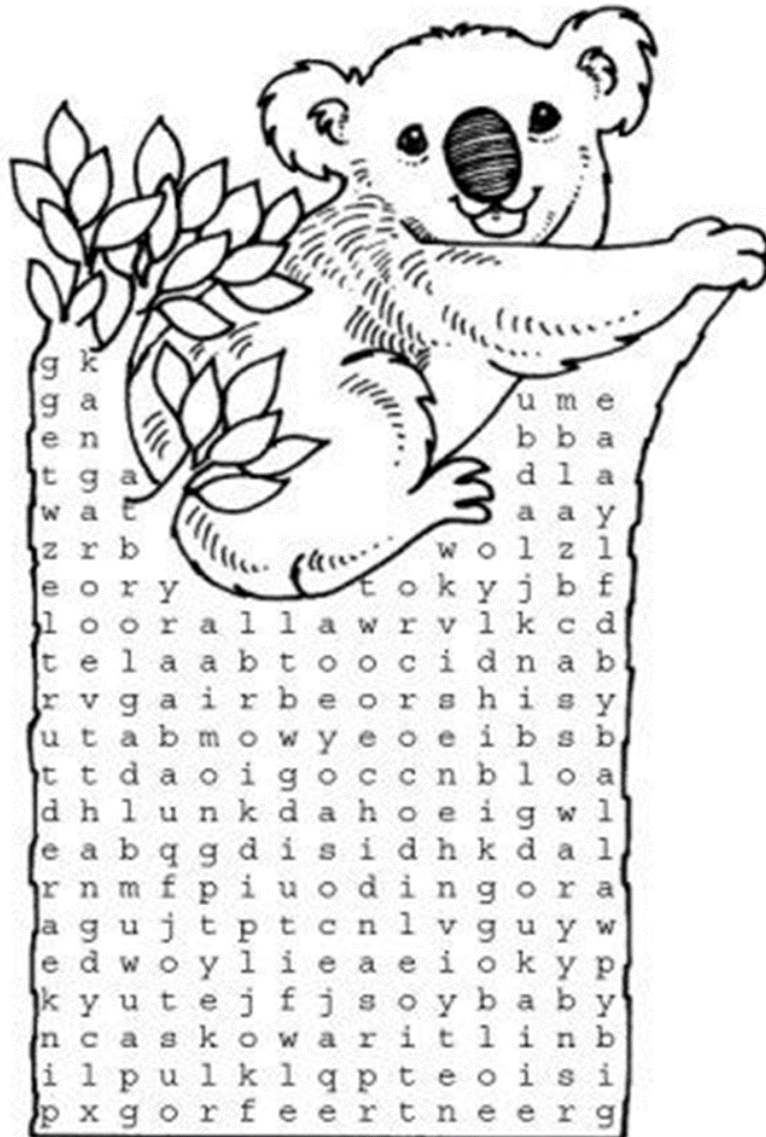
**Ray White - RURAL
Pittsworth**

Australian Animal Word Search

Find and circle all of the words from the word list in the puzzle. Words may be forwards, backwards, up, down, or diagonal.

Word List

koala
kangaroo
emu
ibis
echidnas
wallaby
platypus
cassowary
kowari
yabby
wallaroo
dingo
dugite
pink-eared turtle
green tree frog
wombat
bandicoot
woylie
crocodile
brilga



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Australian animals



Look at the pictures and match with descriptions below.

 koala	 kangaroo	 dingo	 emu	 kiwi	 wallaby
 bilby	 wombat	 cockatoo	 blue-tongued skink	 tasmanian tiger	 sugar glider
 tasmanian devil	 kookaburra	 frilled lizard	 quoll	 platypus	 echidna

- When it's threatened, it rolls into a spine ball. A kind of a hedgehog. _____
- The large Australian bird that cannot fly. A smaller version of an ostrich. _____
- The Australian wild dog, which came from Asia 5000 years ago. _____
- The feathery bird with a hooked bill. A relative of a parrot. _____
- The bird with a same name as a fruit. It cannot fly. _____
- All people think wrong that it's a bear. It is a marsupial! It mostly sleeps. _____
- The babies are called joeys. It's the symbol of Australia too. _____
- It glides from tree to tree on the islands. The smallest marsupial. _____
- There are different types: Siberian, Bengal, Malayan, Sumatran... _____
- It digs tunnels with its short legs. It's also called *Buldozer of the Bush*. _____
- It is smaller and closely related to kangaroos. _____
- The small, rabbit-ears marsupial. _____
- The duck-billed animal which lays eggs. It lives in rivers and lakes. _____
- The night animal; it likes dead animals' meat; not related to satan. _____
- When it sings it sounds like a human laughter. _____
- The lizard which gets a huge neck frill when wants to show of. _____
- The Australian native cat and it rhymes with troll. _____
- Its tongue is not red and it's a lizard. _____

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Australia Day Word Search

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

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It all begins with opportunity... Welcome to 2021 as we reflect on how big we have grown on the Pittsworth landscape. Thank you to Garry Wilkinson who flew his drone over so we can all share this snapshot of the building program. *Dream to reality*



CORONANEWS

Your update to the happenings at Beauaraba Living during the restrictions

Welcome to the New Year, I was very hopeful that 2021 would see the back of the Coronavirus (COVID-19), but unfortunately this has not to occur.

Again, I would like to say a huge thank-you to everyone for the understanding and flexibility relating to the changes we need to make regularly. We trialed sending text messages to families alerting them to changes that had occurred in the first week of the year, and from all reports so far these texts were well received and appreciated. This mode of communication will be utilised in the future when urgent information needs to be sent. Newsletters will continue to provide more detailed updates on the ever-changing situation.

I would like to take this opportunity to welcome Tasha Clarke to the Infection Prevention & Control (IPC) Lead role. Tasha has been completing her required education to take the lead in pandemic and other outbreak situations and will also be leading up other infection control requirements within Beauaraba Living. This is an important role, that will enable me to focus on my other duties within the facility, and I am looking forward to working closely with Tasha and mentoring in this role.

Quality Coordinator—Kim Solomon

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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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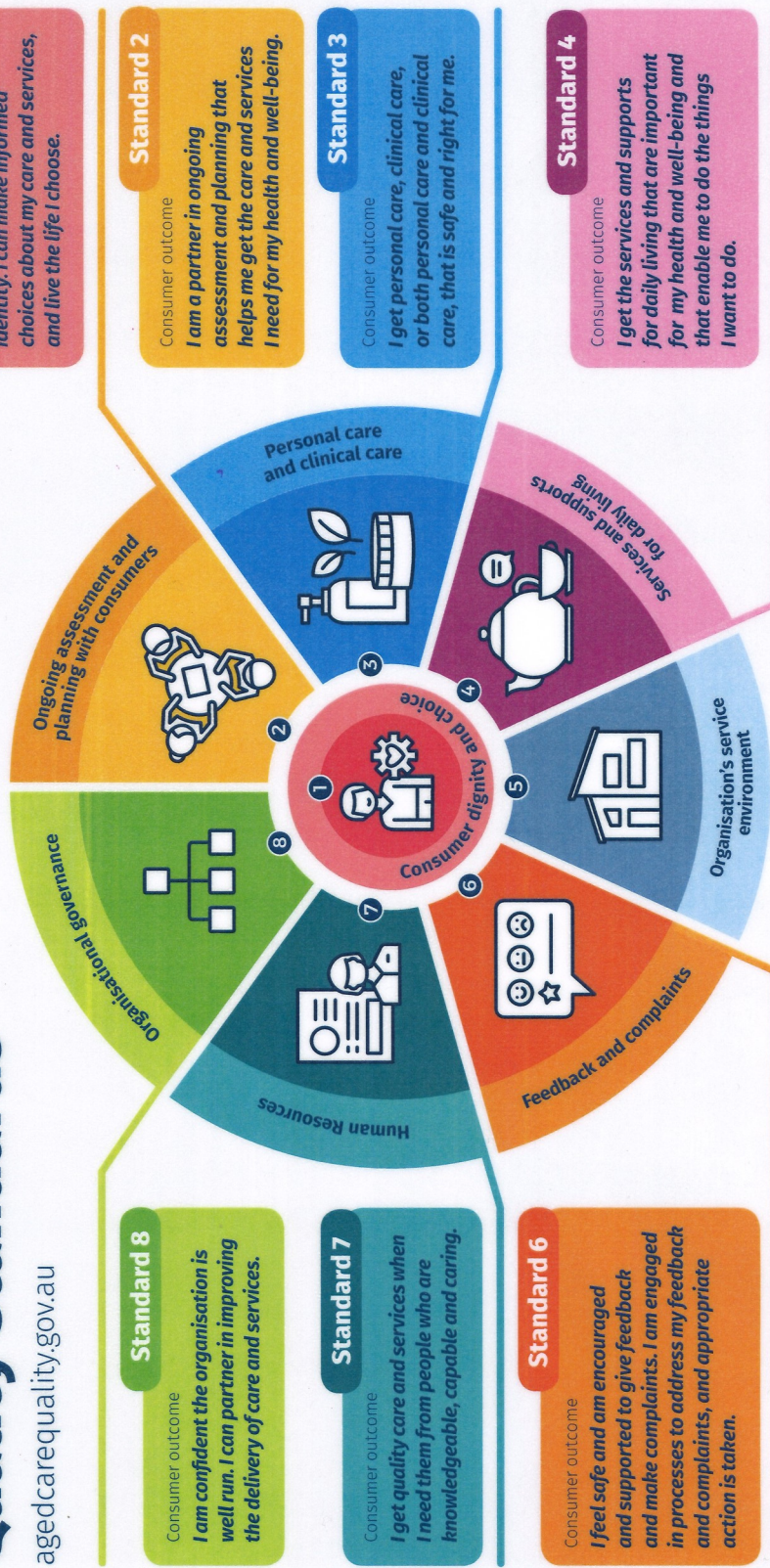
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Aged Care Quality Standards

agedcarequality.gov.au



Australian Government

Aged Care Quality and Safety Commission

Engage
Empower
Safeguard

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2021 Season

Thu, 18 Mar 2021 11:00 AM Murphy's Pigs

Thu, 03 Jun 2021 11:00 AM Bloom Sings

Thu, 02 Dec 2021 11:00 AM Tenori



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