

January / February 2019

The Tattler

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



Empire Theatre
2 hrs •

Today we said thank you and see you later (it's never good bye) to our long time Daytime Series sponsor **Beuaraba Living**. We have truly valued the friendship and support we have received from the residents and staff of Beuaraba and look forward to seeing them in the audience in 2019 and beyond!

Emilee Nichols, Kate Hanley and Kerry Saul



Wow 4 years really flew quickly so many memories

BEUARABA LIVING
Bringing happiness to every day

January & February 2019 *THIS ISSUE*

Executive Team Report, Board News, Foundation News,
Lifestyle Report, Residents Forum, Word Find
Residents' Rights and Responsibilities.
Plus all your regular features.



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Pittsworth Hospital Medical Centre

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Pittsworth Platinum Medical Centre	4619 8412	Optometrist (Megan Sullivan)	0410 018 610
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:

Beauaraba Living Auxiliary	meet 1st Monday monthly 2.00pm	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

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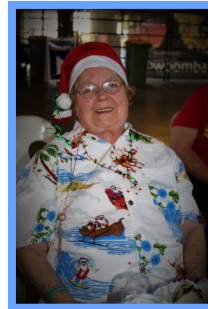
Mon - Fri: 8.30am to 6.00pm
Sat - Sun: 8.30am to 12.30pm



Prescriptions · Home Medication Reviews · Vitamins

Seniors Christmas Party—

Annual Mayoral over 80s Christmas Party



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Judith McGrath-Colquhoun
Owner & Director

General Manager and Leadership Team ...

Welcome to 2019,

with the year already being loaded up with plenty to do. I trust everyone had an enjoyable festive season. The last two months of 2018 were packed with activity.

Our Christmas lights were switched on for the evening of 29 November with many of our residents enjoying the beautiful evening and amazing light display. Our resident choir performed on 13 December for the enjoyment of fellow residents, family and others in our community. Thanks to all those involved and especially the choir for practising so hard to make the evening a memorable one.

Moving on into the New Year, our building planning is progressing and we hope to run some information sessions in the near future for the community and our residents on our building plans. We are currently looking at the finer details of the project to enable final costings.

On an industry basis, many of the Government initiatives will be underway this year. The Royal Commission is currently collecting information from providers to enable their work to be carried out. Also, new Aged Care Quality Standards will come in to effect from 1 July 2019. All providers are expected to transition to these standards and align their systems over 12 months. From a facility perspective, we have submitted our application for re-accreditation. Our current accreditation period expires on 29 April 2019. This means we are awaiting our unannounced re-accreditation visit by the Quality Agency. Many of you would have received or seen notification of this visit. We have also commenced preliminary work on transitioning to the new standards. Our aim is to conduct information sessions for residents, family and staff on the new standards in the coming months.

Add to this our usual activities around the home and we looking at a very busy few months in the first part of the year. We will keep you posted on all the happenings as they unfold

Until next edition *Alex, Janet, Kate, Adrienne, Kim*



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HELP US TO HELP YOU

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how we can improve!

If you have any suggestions or comments,
please contact:



General Manager

Beuaraba Living

10 Weale Street

Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: care@beuarabaliving.org.au or

Board Chair

Mr Graham Clapham 0429 700 496

Suggestion Box: Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in the foyers of the Hospital & Lodge. 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 Complaints Commission

– Freecall 1800 550 552

Beuaraba Living Auxiliary

Shop Opening



Hours

Monday

4.30pm

9am to

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
Donations gratefully accepted,

Note—Furniture by prior arrangements only.

Shop Phone—4693 2530

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LIFESTYLE REPORT

Welcome to 2019!!! May this year be bigger and better for you all.

The highlights of the end of 2018. On 29th November we had Mayor's Christmas Party in Toowoomba, which was enjoyed by all. That evening we had our Christmas Lights 'Turn On' night. The Residents who came out were delighted by the lights. Once again, Greg did an amazing job with the lights, which were bigger and better than last year. (photos on page 12)

December is always a busy month for everyone. Happy Hour was a lively time on the 7th as we welcomed Desley and Gloria back. These ladies always put on a great show for us. Then on the 21st Ruth Von Pein and her Grandchildren entertained us. This was a great treat also, so thankyou to Ruth and her lovely Grandchildren.

On the 11th we had Cassandra Daniel with her group, giving us a demonstration on Line Dancing. WOW, what an energetic group. On the 13th we held our Residents, Family and Volunteer Twilight Carolling night. Our Choir did an outstanding job of leading the carols. Thankyou to Carol McEwan and her son for finishing off a great evenings entertainment.



Above we have residents attending "The Travel Bug" with John.

We recently had the pleasure of hosting a fantastic group of Uni Students here at Beauaraba. The group were keen to get directly involved with Residents and their Lifestyle choices at every opportunity and even played a Celebrity Heads game.

They also agreed to work a late shift to assist with the mobilisation of Residents to the Residents & Family Caroling night. They regularly popped in and out of activities, spreading fun and cheer whenever they went. *A huge 'thankyou' to Owen and his team*, it has been a pleasure to have you.



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Lifestyle Continued

On the 17th Residents boarded Porters bus and toured the local Christmas Light displays. What a great night it was, thanks to Porters and their driver.

Most of our amazing Volunteers have taken a well earned break, and most will be returning the week of the 15th of January. Hoping everyone had a Merry Christmas & Happy New Year, and are rested up ready for another busy year. Please know your support is very much appreciated, and enhances the everyday life of Residents. Our recently formed 'Food Services' and 'Lifestyle' Sub-Committees continue to meet monthly, and report to the Resident Forum. Residents are strongly encouraged to bring up any issues, comments or suggestions with members of the Committee, who will ensure it is discussed at these meetings. They are always on the look out for new activity suggestions also, so put your thinking caps on. Nail care is very popular with Paula, Kevin & Merle enjoy.



A note I received about weekend Bobs: 'Weekend Bobs is very popular with Residents and we have had as many as 14 players. Starting at 3pm allows us to play 4 rounds sometimes even 5, depending on the number of players. Thanks to Kev and Max who collect the balls and Margaret and Ruth who lay the balls out for the next player, everything goes very smoothly and everyone has lots of fun'. Thanks John for this contribution to our report.

Indoor bowls attracting more interest.



*Till next time, stay well and engaged,
From the Lifestyle Team.*

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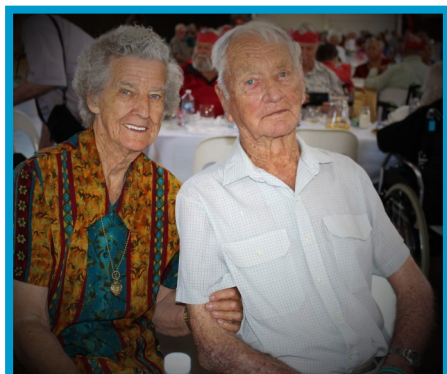
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Seniors Christmas Party—

Annual Mayoral over 80s Christmas Party
...continued from page 3





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*A First for Beauaraba Living—
A Wedding Ceremony !!*



*Wedding Bells at Beauaraba Living,
love continues to grow and be shared.
Treasured moments were created
with resident Kath S, Kath and Peter.*



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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.

At the monthly board meeting of Beauaraba Living, held on Tuesday 27th November, the Board was advised of the resignation of the Chair and committee members of the Beauaraba Living Foundation. The Board reluctantly accepted these resignations, and respects the wishes of the Foundation members. We wish them well as they pursue other interests in their lives.

The Beauaraba Living Foundation, which is the charitable arm of Beauaraba Living was formed in 2009 with a charter of, *Raising awareness to assist with supporting and promoting vision and goals for the provision of aged care and support for the wider community's health needs through fund raising, donations, bequests, charity events and corporate functions.*

Since it's formation the Foundation has been successful in raising more than \$160,000, which has been a huge help in delivering skilled, timely and compassionate care to meet Beauaraba residents needs. The most recent initiative of the Foundation is the Tree of Reflection, which in its peaceful setting provides an ongoing site for the community to remember passed loved ones.

The Board, along with all at Beauaraba Living wish to acknowledge and thank Chair Ros Scotney and her committee members Max and Jean Ceaser, along with past members, Peter Wenham and Gary Garland, for their years of dedicated service to the Beauaraba community. The projects which have been funded through their efforts will be a future reminder of that service.

With planning well advanced for the construction of a new 26 bed high care wing, and the subsequent upgrade of kitchen, laundry and administration areas, the Board is keenly aware of the ongoing need for the help previously supplied by the Foundation. Therefore, how, and in what form, that assistance is replaced will need to be considered by the Board in 2019.

Graham Clapham, Board Chair.

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Board— Welcome Tattler readers, following on from the AGM and the most recent Board Meeting held 27 November 2018 Election of Office Bearers has seen some changes—

Board	Chair	Graham Clapham
Deputy	Chair	Nigel Beaman
Finance	Committee	Vicki Battaglia
Finance	Committee	Rob Scott
Building	Committee	Nigel Beaman
Building	Committee	Rob Scott

Other Directors are—Ann Garland, Ben McIntyre and Ken Stallman.

We take this opportunity to all Thank and acknowledge Ann Garland for the past 2 years as chair, leading and guiding the Board and are pleased that Ann has decided to stay on as a board member.

The Board continues to pursue opportunities to advance and enable the board to better fulfill their role in providing the strategy and direction, which enables Beauaraba to continue providing quality care to our residents . Recently six members attended a For Purpose Conference, where topics of - Secession Planning, Strategy to Action, Governance and Boards, High Performance Culture, Setting you Vision for 2020 and Managing Successful Change topics were covered.

During 2019 the Board focus will be on advancing the planning and construction of the new wing and subsequent upgrades to our facility, as well as the normal Board activities which support management and staff in the delivery of quality care to residents.

I take this opportunity to thank all staff and volunteers for the wonderful work they all do for Beauaraba Living.

Graham Clapham Chair.



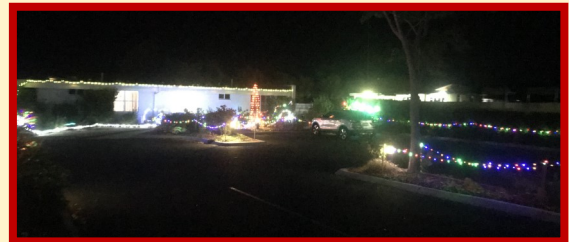
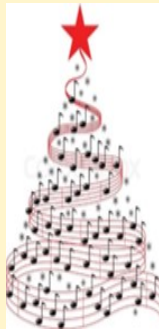


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Food Services—Food Services subcommittee continue to meet with CC chef Ange.

Activities after exercises—continue with choice.

Lifestyle Sub Committee— Melbourne cup and Happy Hour enjoyed. Like to see more residents dress up.

Activities— Mayors over 80's Christmas Party well received, TRC bus and BL Bus attended.

Hair Salon now operating Wednesdays weekly with overflow on Thursdays if required.

New Business— reminder that with the hot weather upon us, it is important to ensure good fluid intake .

Advised that the paper work has now been submitted for our 3 year Reaccreditation, and we will receive an unannounced visit within the next few months.

Letters have been given to all Residents advising them of all relevant information about the Reaccreditation process.

We are still looking at another building with plans getting closer. Janet explained that the building process would follow similar lines as last time, with regular consultation with Residents. Plans will be displayed for Resident in put / comment etc.

Residents may be asked to trial chairs etc to ensure their suitability. She explained we will lose some units in this expansion, and that those selected, do require significant structural work anyhow.

New cutlery has been ordered. Also looking at options for replacing cups.

Food Services Sub Committee — We have only had a couple of weeks of the new menu, as it started on 19/11/18. Residents were asked how they are finding the new menu, which offers two hot meal choices or salad. Some general discussion, with Residents stating they are enjoying the choice, and feel the new menu is going well so far.

Residents that if they are not happy with the food served, they can ask to see Ange. She cannot fix problems that she does not know about. Committee to share this information with other Residents.

Lifestyle Sub Committee- Some general discussion about how to run weekend activities, particularly Bobs or Croquet. Residents feel that it has worked well so far, and wish to continue have everyone having a say or making suggestions. It is currently a real 'Group Activity', with anyone in the group feeling comfortable making suggestions or comments.

Comment that the number of Residents going on walks has dropped significantly. Physical assistants feel that they can offer more gym work to Residents in the walk timeframe. This will start immediately.



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

Beauaraba Living Auxiliary—

Our Christmas afternoon Tea for Volunteers was held at Pittsworth Hotel Motel on Monday 3rd December at 2.30pm.

The op shop closed for two weeks over the Christmas and New Year break so that our valuable volunteers could have a good break after all their hard work through the 2018 Year. The Shop will re-open on Monday 7th January 9am.

Beauaraba living Op Shop would like to thank all our wonderful volunteers a special thanks to those that are generous with their time and fill in at short notice, sorting clothes, cutting up clothes for rags and organising the roster. We would also like to thank the residents of Pittsworth and the surrounding area who continually donate their preloved items to us and a thank you to our customers who continually come and support the Shop.

We are always looking for more volunteers to help out at the Op Shop. If you are going to have some spare time in 2019 please consider volunteering, your help would be greatly appreciated.

Remember all our profits help assist in making Beauaraba Aged Care Facility a better place for the residents to reside.

Volunteers are always welcomed. Did you know that we have 55 active volunteers and it takes 33 volunteers to operate the Op Shop successfully weekly.

Expressions of interest are sort from any local community groups who would like to commit to filling a morning or afternoon shift on a prepared roster. Not only is it a community service but a great time to catch up with new or renewed friends.

Phone 4693 2530 leave your details.

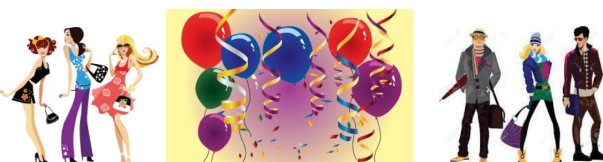
Roster shifts are -

Mornings 9am to 12.30pm

Afternoon 12.30 to 4pm

All training provided.

We encourage any one who is willing to give 3 1/2 hours weekly monthly or bi-monthly to come in and meet us.



***Congratulations to the BLA—Op Shop
Having celebrated 3 years on the
1st December 2018***



- Freshflowers
- Artificial flowers
- Quality Gifts
- Balloons



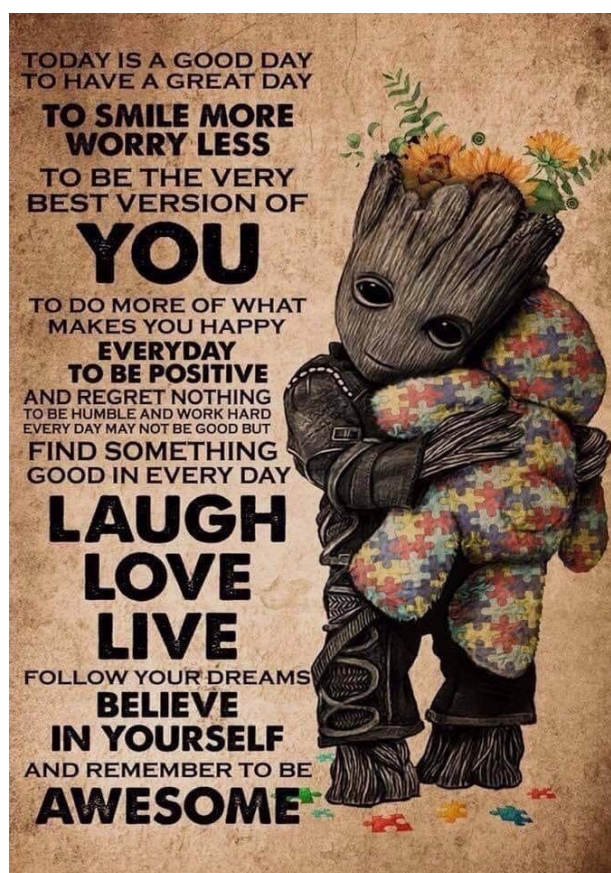
P: 07 4693 3968 • M: 0428 951 174
64 Yandilla Street Pittsworth
Email: yandillarose@bigpond.com

Care Pittsworth—

Reflecting over 2018 Care Pittsworth has had a busy 12 months. We have been working hard to lift the profile of our group to show case the palliative care room at Beauaraba Living which is there for the community when needed. We are establishing a resource list of items which can be loaned out into the local community. Such items are—beds, wheelie walkers, toilet chairs, walking aids. These resources help people to remain in their homes longer and assist when recovering from any major surgery or illness.

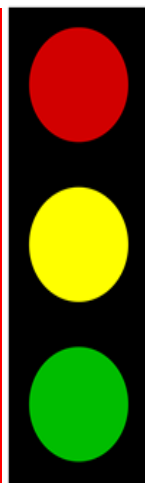
Care Pittsworth has been successful in a community grant from the CBA 10,000 which purchased a palliative care bed and the group has acknowledged \$7,810 in monetary donations.

We greatly appreciate the very generous supportive community.



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.



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M	X	Q	K	J	B	W	P	M	H	E	A	R	T
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N	P	M	G	Z	W	R	V	C	U	P	I	D	Z
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M	K	J	Q	R	M	K	B	T	K	Y	Q	D	L
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Compiled —Resident Hilda Baker..... Thank you.

bernays

ESTABLISHED 1898

L A W Y E R S

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Charter of Care Recipients' Rights and Responsibilities Aged Care Act 1997, Schedule 1 User Rights Principles 2014

Care recipients' rights—residential care

1. Each care recipient has the following rights:

- to full and effective use of his or her personal, civil, legal and consumer rights;
- to quality care which is appropriate to his or her needs;
- to full information about his or her own state of health and about available treatments;
- to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- to live without discrimination or victimisation, and without being obliged to feel grateful to those providing his or her care and accommodation;
- to personal privacy;
- to live in a safe, secure and homelike environment, and to move freely both within and outside the residential care service without undue restriction;
- to be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
- to continue his or her cultural and religious practices and to retain the language of his or her choice, without discrimination;
- to select and maintain social and personal relationships with any other person without fear, criticism or restriction;
- to freedom of speech;
- to maintain his or her personal independence, which includes a recognition of personal responsibility for his or her own actions and choices, even though some actions may involve an element of risk which the resident has the right to accept, and that should then not be used to prevent or restrict those actions;
- to maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions;
- to be involved in the activities, associations and friendships of his or her choice, both within and outside the residential care service;
- to have access to services and activities which are available generally in the community;
- to be consulted on, and to choose to have input into, decisions about the living arrangements of the residential care service;
- to have access to information about his or her rights, care, accommodation, and any other information which relates to him or her personally;
- to complain and to take action to resolve disputes;
- to have access to advocates and other avenues of redress; and
- to be free from reprisal, or a well-founded fear of reprisal, in any form for taking action to enforce his or her rights.



2. Each resident of a residential care service has the responsibility:

- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;
- to respect the rights of staff and the proprietor to work in an environment which is free from harassment;
- to care for his or her own health and well-being, as far as he or she is capable; and
- to inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and his or her current state of health.



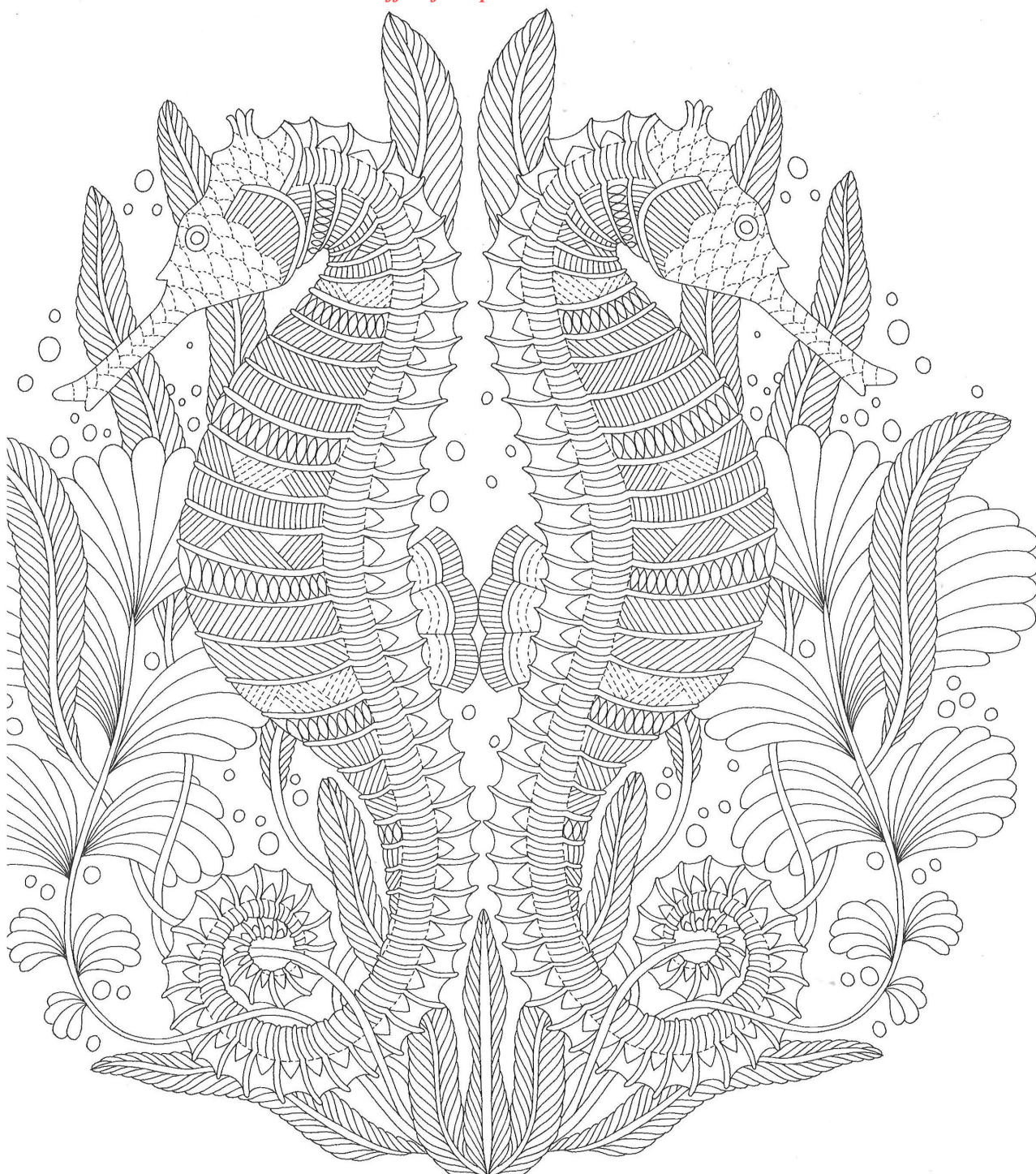
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Lifestyle Planner for January 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Happy New Year! 1 9:00 Yoga / Meditation 10:30 Bingo 2:30 Ice Cream Parlour 3:00 Bus Outing	7 9 Exercise / Meditation 10:30 Quiz 3:30 Word in a Word	2 <i>Hairdresser</i> 9 Exercises / Meditation 10:30 Indoor Bowls Nail Care 1 Garden Club Meeting 3:30 Cards	3 9 Exercises/ Paper read 10:30 Friendship Morning Concert 2 Resident Info Session 3:00 Bus Outing	4 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Anglican Service 2:00 Happy Hour	5 10:30 Bingo with Kev 3:00 Bobs in Norwin	6 10:30 Bingo with Kev 3:00 Bobs in Norwin
7 9 Exercise / Meditation 10:30 Quiz 3:30 Word in a Word	8 9:00 Yoga / Meditation 10:30 Bingo 2:30 Ice Cream Parlour 3:00 Bus Outing	9 <i>Fruit Truck / Hairdresser</i> 9 Exercises / Meditation 10:30 Indoor Bowls Nail Care 3:30 Cards	10 9 Tai Chi / paper reading 10:30 Friendship Morning Concert 2 Brenda's Day Care 3:30 Residents Meeting	11 9 Tai Chi / Movement to Music 10:30 Catholic Service 2:00 Happy Hour	12 10:30 Bingo with Kev 3:30 'An Hour with Viv'	13 10:30 Bingo with Kev 3:00 Bobs in Norwin
14 9 Exercise / Meditation 10:30 Sing-a-long 3:30 Quiz	15 9:00 Yoga / Meditation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Reminiscing with	16 <i>Fruit Truck / Hairdresser</i> 9 Exercises / Meditation 10:30 Indoor Bowls Nail Care 3:30 Cards with Betty & Crew	17 9 Exercises/ Paper read 10:30 Friendship Morning Concert 2 Brenda's Day Care 3:00 Bus Outing	18 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Lutheran Service 2:00 Happy Hour	19 10:30 Bingo with Kev 3:00 Bobs in Norwin	20 10:30 Bingo with Kev 3:00 Bobs in Norwin
21 9 Exercise / Meditation 10:30 Word in a Word 1:00 Lifestyle & Food Services Sub Committee 3pm Painting with Lyndall & Friends	22 9:00 Yoga / Meditation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Bus Outing	23 <i>Fruit Truck / Hairdresser</i> 9 Exercises / Meditation 10:30 Indoor Bowls Nail Care 3:30 Cards with Betty & Crew	24 9 Exercises/ Paper read 10:30 Friendship Morning Concert 2 Brenda's Day Care 3:00 Bus Outing	25 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Uniting Service 2:00 Happy Hour	26 10:30 Bingo with Kev 3:30 'An Hour with Viv'	27 10:30 Bingo with Kev 3:00 Bobs in Norwin
28 9 Exercise / Meditation 10:30 Sing-a-long 3:30 Quiz / Trivia	29 9:00 Yoga / Meditation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Bus Outing	30 <i>Fruit Truck / Hairdresser</i> 9 Exercises / Meditation 10:30 Indoor Bowls Nail Care 3:30 Cards with Betty & Crew	31 9 Exercises/ Paper read HAPPY BIRTHDAY MTEA 10:30 Friendship Morning Concert 2 Brenda's Day Care 3:00 Bus Outing			Community Participation Monday - Happy Wanderers Thursday - Brenda's day Care Friday - Senior Citizens Saturday - RSL Cards

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