

November/December 2018

The Tattler

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



November & December 2018 *INTHIS* ISSUE
Executive Team Report, Board News, Foundation News,
Lifestyle Report, Residents Forum, Word
Residents' Rights and Responsibilities.
Plus all your regular features.



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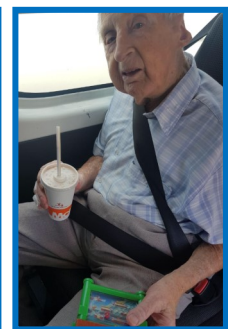
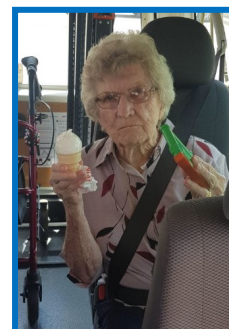
Mon - Fri: 8.30am to 6.00pm
Sat - Sun: 8.30am to 12.30pm



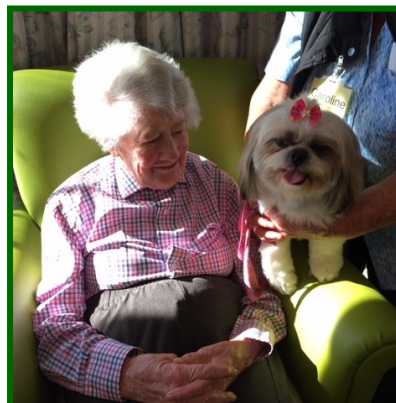
Prescriptions · Home Medication Reviews · Vitamins

Prayer for Our Caregiver

Blessed are they who understand,
 My faltering step and shaking hand,
 Blessed are they who know my ears today,
 Must strain to catch the things they say.
 Blessed are they who seem to know,
 That my eyes are dim and my wits are slow,
 Blessed are they who looked away,
 When I spilled the coffee at table today,
 Blessed are they with a cheery smile,
 Who take the time to chat for a while,
 Blessed are they who know the ways,
 To bring back memories of yesterdays,
 Blessed are they who make it known,
 I'm loved, respected, and not alone.



The residents love having visits from 'Bonnie'. She likes going to the beauty parlor before visiting our residents and owing the walk through out the corridors / wings.



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Judith McGrath-Colquhoun
 Owner & Director

General Manager and Leadership Team ...

Hello and welcome to the last edition for 2018. This year has moved along at a fast pace with lots of activity keeping us all on the move. There is still plenty happening as we approach the end of the year.

As many of you know we were successful in having our gardens recognised in the Toowoomba Carnival of Flowers garden competition with a first prize in the rural aged care and hospital category. We were also successful in the Pittsworth Spring Gardens Community Garden category also with a 1st prize. We feel privileged to have received these awards as it reflects the effort we put into our outdoor spaces for the enjoyment of our residents. Well done and thankyou to everyone who contributed to this success.

Throughout the year we have regularly made mention of the planning underway for a further extension of our facility. Stage three of our site development is a step closer to reality with plans having gained council development approval in October. We now continue into the next phase of refining plans for building approval and costings. The Board will continue to apply diligent governance practices throughout this phase. Community and resident engagement forums will be organised over the next few months. In the meantime, if you have any questions please forward them to me.

It is coming close to our Annual General Meeting to be held in Kincora Wing on Tuesday, 13 November commencing at 6pm. I encourage members to attend and to find out more on the operation of our facility as well as future plans. I look forward to seeing you there.

From an industry perspective, as a result of continued media attention, funding issues and stories of poor care and abuse of aged care residents, the government has established a Royal Commission to investigate these instances and other aspects of aged care in Australia. The aged care industry overwhelmingly support the Commission and its terms of reference and see its purpose as a means to set the foundation for future sustainable high quality aged care in Australia. We will provide updates throughout the Commissions progress and ultimate recommendations.

Finally, as we move toward the close of the year, I'd like to take the opportunity to wish everyone a blessed and hope filled Christmas season. May your time shared with family and friends be one of peace.

Until the New Year *Alex, Janet, Kate, Adrienne, Kim*



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General Manager
Beauaraba Living
10 Weale Street
Pittsworth Qld 4356
Ph: 4619 8422
Fax: 4619 8400
Email: care@beauarabaliving.org.au

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 Scheme
 – Freecall 1800 550 552

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
 Drop in & see us at the Opportunity Shop
 Donations gratefully accepted,

Note—Furniture by prior arrangements only.

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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LIFESTYLE REPORT

October started off busy with another bus outing to Queens Park on the 3rd. Toowoomba Regional Council kindly opened their parks for small bus tours, where the bus was driven on the walkways through the park. This allowed Residents to enjoy the magnificent gardens from the comfort of their seats.

We were very lucky to have amazing guides on both tours who provided us with some very interesting facts and information along the way. On the way home, the bus swung past Macca's, and Residents enjoyed a delicious ice cream cone. 'Thank you' to the staff who shouted Residents an ice cream on the way home from both these outings.

Residents really enjoyed these treats, as you can see by the photo's. On the 4th we took a bus load and several car loads off to the Empire for Day Time Series. A huge 'Thank you' to the wonderful people who generously take Residents in their personal cars to these outings. Without them, we could only take our bus, and many Residents would miss out on this great entertainment. Everyone agreed 'Feeling Groovy' was a wonderful show and was thoroughly enjoyed by all.



Then on the 8th, November, we will be off to the last Day Time Series of the year – 'Livvy & Pete'. Michael Griffiths and Amelia Ryan's celebration of Aussie icons Olivia Newton-John and Peter Allen. From their humble small-town beginnings to world domination they will revisit all of their sing-a-long classics, from 'Rio' to 'Tenterfield', all the way to 'Xanadu' and beyond.



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Lifestyle Continued



On the 6th November, we celebrate Melbourne Cup day. We will have Bingo in the morning, before enjoying a delicious luncheon provided by Cater Care. We will then adjourn to the nearest TV to watch the fashions prior to the big race. We will then have Melbourne Cup Happy Hour with nibbles and drinks.



John Colville was scheduled to entertain us on the 15th, but due to Restrictions this could not happen. John kindly offered to reschedule, so we welcome him back on the 29th. He will then be back again on November 12th

This will be their last performance for the year, but they assure me they will be back again in 2019.

On the 29th November, TRC are hosting Over 80's Majors Christmas Party. We will let you know more details as the time gets closer.

During Restrictions we also had to postpone The Barber Shop Entertainers due to perform through Happy Hour on the 19/10/18. We were very fortunate to be able to reschedule them for 16/11/18.



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An elderly man was going to bed

An elderly man was going up to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

He opened the back door to go turn off the light, but saw that there were people in the shed stealing things.

He phoned the police, who asked, "Is someone in your house?"

"No, but some people are breaking into my garden shed and stealing from me," the man said.

"All patrols are busy," the police said. "You should lock your doors and an officer will be along when one is available."

"Okay," the man said.

He hung up the phone and counted to 30, then he phoned the police again.

"Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just shot them."

Within five minutes, six police cars, a SWAT team, a helicopter, two fire trucks, a paramedic, and an ambulance showed up at the residence, and caught the burglars red-handed.

"I thought you said that you'd shot them!" the policeman said.

"I thought you said there was nobody available!" the man answered.





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 T M N M N N K H F C Q B W A S E E S
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 F W C Z E A T I C E C R E A M V P Y
 K E M O T W O M H E G A R D E N L Q
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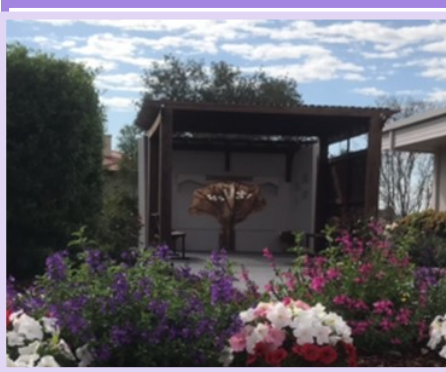
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Foundation news , On Saturday 29 September over forty people attended the annual Beuaraba Living Foundation Posties Fashion Parade at the Function Centre. A lovely afternoon was enjoyed by all who attended. A big shout out to Sue Rogers of Postie Fashions and models, Leanne Murden, Anita Ruhle, Romona Postle. Meg Eising and Sarita Reimers. Afternoon tea and raffles complimented the afternoon.

Anzac Day Gifts —The residents and staff, in particular those who those who attend Monday art classes, would like to thank the continued support of the Pittsworth Art Group, the Leukemia Foundation and DownsSteam Tourist Railway and Museum for their donations of the art supplies.



BEAUARABA LIVING FOUNDATION - **Tree of Reflection**

Have you thought of purchasing a leaf? For \$250 per leaf you can honor your loved ones memory. For an application and details, call to BL admin or email care@beuarabaliving.org.au or call in or drop by to see the Tree of Reflection

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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Board—I have been away on a wonderful holiday for the last few months and I would like to thank Graham Clapham, Deputy Chair for stepping into the Board Chair role. I hope everybody has recovered from the cold in Winter and is enjoying the warmer weather. It would be nice to have some more rain though. The gardens at Beauaraba Living are looking magnificent and won first prize in the Community Gardens Awards. Congratulations to the gardening team.

It is very pleasing to see that Beauaraba Living continues to operate so well and this is a reflection of our wonderful leadership team and staff. I would also like to thank all our fantastic volunteers from the Foundation, Auxiliary, Board and all of those people who come and spend time with the Residents and help make Beauaraba Living what it is.

Our planning for the expansion is progressing well and remains on target as the demand for care beds remains high.

The Annual General Meeting for the Pittsworth and District Hospital Friendly Society is being held on 13 November in the Kincora Wing at Beauaraba Living at 6.00 pm and I look forward to meeting some of you there.

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

Ann Garland—Chair.

Photos of bus outing—Toowoomba Gardens





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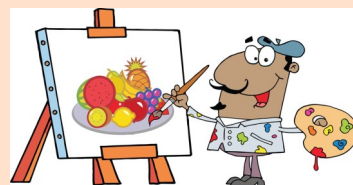
5% Discount for Senior Citizens with this Advertisement



Congratulations *Lyndall Madden*

who has been volunteering painting with residents for twenty years.

Lyndall was presented with a certificate of appreciation and badge on Monday 24th September by General Manager Alex Metcalf and Director of Care Services Janet Newlands.



**Residents, Families and Volunteers
Are invited to attend—**

Beauaraba Living

RESIDENT'S CHRISTMAS CAROLLING

When: 13 December 2018

Where: Beauaraba Living Car Park

Time: 6:00pm



**Merry
Christmas**



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Residents Forum

Food Services—Food Services subcommittee continue to meet with CC chef Ang. Agreed to trial spring menu.

Activities after exercises—continue with choice.

Lifestyle Sub Committee— walking was returned to 2pm due to the cooler weather, will review when weather warms up. Outings suggested by residents at last meeting were expensive. Kev will chase up with mens shed about Acland Mine tour which they went on to get contact numbers and information.

Activities—Queens Park, Garden tours were enjoyed by all. Coffee shop outing remains popular. Daytime series (see photo) on again in October with November 8th final one for 2018.

New Business—Discussed cutlery as it isn't nice to use its like pressed tin and is flimsy and hard to put into meat. New cutlery has been ordered.

Residents issues about wheelie walkers in the dinning room at the lodge. It is dangerous with the smaller dinning experience , many residents and staff consider risks and falls an issue with new smaller design. CQI to be logged. Dinning room has now been rearranged to address the residents concerns.

Medications—Chair Olive reminded residents that when staff are giving out medications wearing an apron 'Do Not Disturb' be mindful and not interrupt them as this is an important routine.



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

Beauaraba Living Auxiliary—AGM
Report by Sue Wilkes Chair

It give me great pleasure to present my 1st report as Chairperson for the Beauaraba Living Auxiliary for 2017/2018.

Our shop has grown in many ways, especially the presentation of the shop as well as changing stock at the end of seasons. We are very well patronized by our local community and visitors to our area. We are known for our friendly service we give our customers and being good listeners. Currently we have 27 financial members on the auxiliary and a total of approx. 63 volunteers that generously give their time in running the Op Shop that contributes to the Beauaraba Living Facility.

Our volunteers are becoming more aware of collectable items that have been donated that need to be priced accordingly. I would like to thank Leesa who comes in and prices our items that could have value and adding them online. This way we have been able to achieve higher prices on some items. When Barbara gives her Treasures report it will be evident that the Auxiliary is achieving excellent results.

I would like to thank all the volunteers. As we are all volunteers it is imperative that we maintain a harmonious workplace that we have. Special thanks to those that are generous with their time in sorting clothes, cutting up clothes for rags and organising the roster.

I would like to thank Betty Denning & Leonie Lee Archer for running the Bingo every Tuesday night. A special mention must go to the Pittsworth Hotel Motel for allowing us to use their facility and sponsoring our events. On behalf of the auxiliary a big thank you to the Hanlon Family for making there shed available. It is greatly appreciated. Also a special thanks to Alex and Kate for their guidance and support.

I have to thank my office bearers and executive that have helped me with making decisions and implementing them in the shop throughout the year.

We ran another successful Melbourne Cup luncheon and again we had our volunteers Christmas party at the Hotel Motel which was enjoyed by all who attended.



- Freshflowers
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- Balloons



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Once again we have provided the merchandise for the residents' hair salon and also paid for the entertainers. This year we have spent in excess of \$46,000.00 for purchases and refurbishments (chairs, curtains) for the facility.

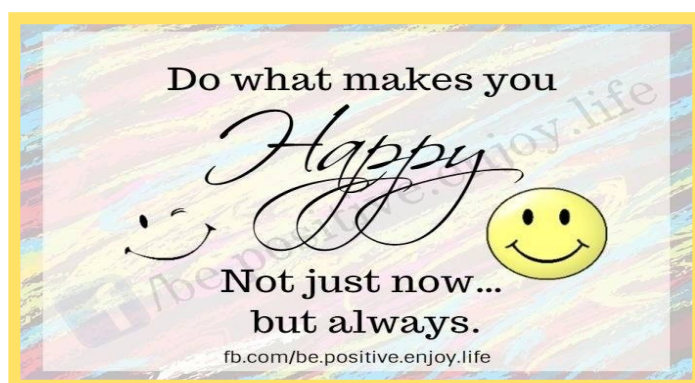
I have enjoyed the learning curb as Chairperson and wish the incoming office bearers every success.

Thank you again for your help and support.

Sue Wilkes—Chair

After AGM the new Executive 2018 / 2019

President	Sue Wilkes
Vice President	Jacquie Wilkinson
Secretary	Jeanette Krienke
Treasurer	Barb Piper
Roster Coordinator	Jeanette Krienke
Furniture Coordinators -	Judy Krieg,
	Marcia Hanlon & Rhonda Harris.



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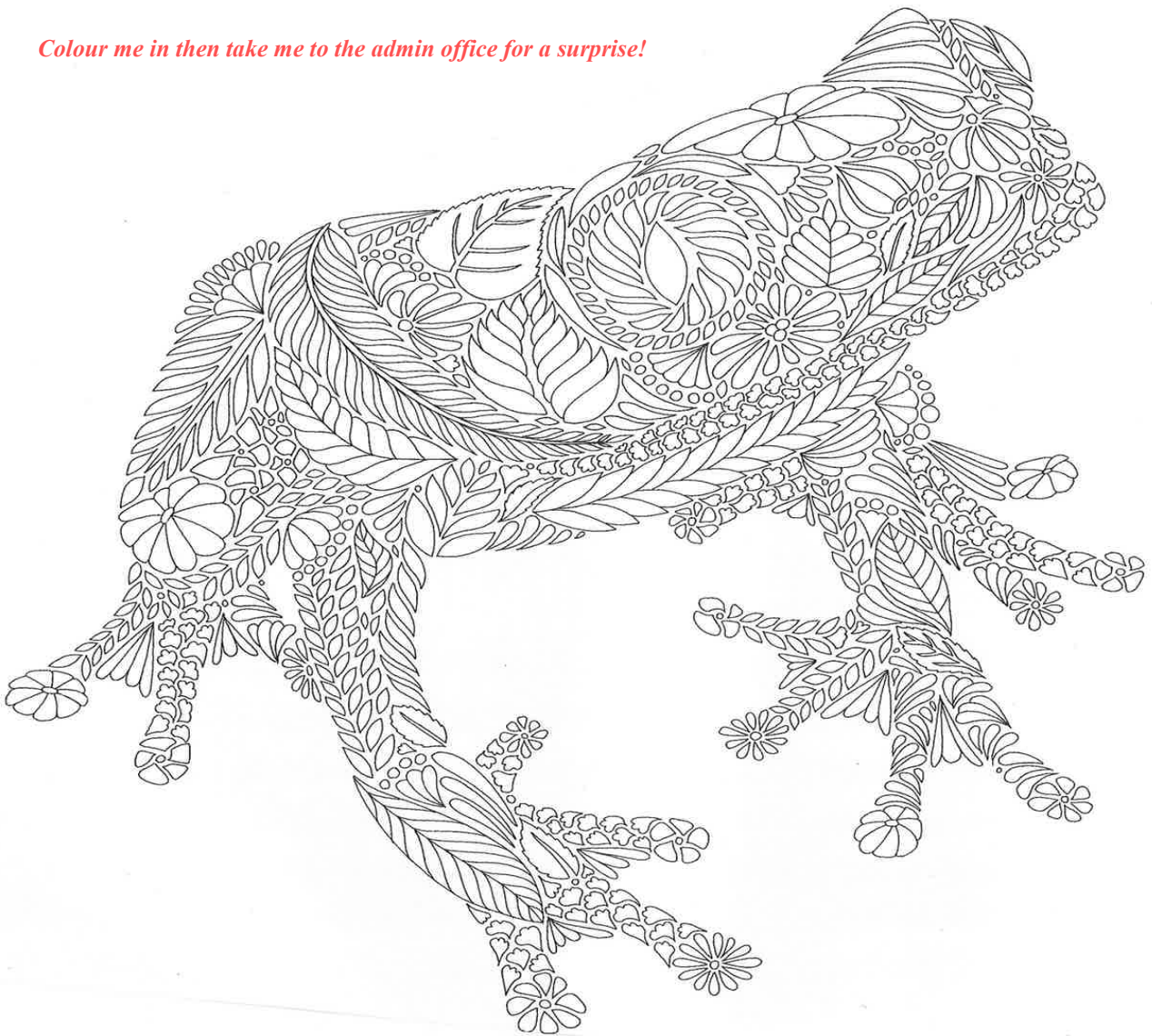
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Colour me in then take me to the admin office for a surprise!



Date Claimer: Residents and Family Twilight Carolling
Thursday 13th December 2018 from 6pm till Main Carpark

Residents Families and Volunteers are invited to attend.

bernays

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email: bernayslegal@bernays.com.au

Visiting office:

132 Yandilla Street, Pittsworth

Ph: (07) 4693 1023

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.



**PITTSWORTH
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Licensee A. J. Carpenter

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




BLITZEN	HO HO HO	REINDEER	CHIMNEY
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Mon	Tue	Wed	Thu	Fri	Sat	Sun
 <p>5 7:30 Walk 9 Exercise / Meditation 10:30 Sing-a-long 3:30 The Travel Bug— 'Finland / Scotland'</p>	<p>6 7:30 Walk 9 Exercises / Meditation 10:30 Bingo with Betty & Crew Melbourne Cup luncheon 1pm. Adjourn to TV's to watch the race, followed by A/ Tea & an early Happy Hour</p> <p>13 7:30 Walk 9 Exercise / Meditation 10:30 Bingo with Betty & Crew 1:30 Choir Practice 2:30 Ice Cream Parlour 3:00 Bus Outing</p> <p>19 7:30 Walk 9 Exercise / Meditation 10:30 Sing-a-long 3:30 The Travel Bug— 'Animals of East Afri-</p>	<p>Community Participation Monday - Happy Wanderers Wednesday - Fruit Truck / Hairdresser Friday - Senior Citizens Saturday - RSL Cards</p> <p>7 Fruit Truck / Hairdresser 7:30 Walk 9 Exercises / Meditation 10:30 Indoor Bowls Cooking 1 Garden Club Meeting 3:30 Cards with Betty & Crew</p> <p>14 Fruit Truck / Hairdresser 7:30 Walk 9 Exercise / Meditation 10:30 Indoor Bowls Cooking 2 Seated Yoga Trial in Springside Dining Room 3:30 Cards with Betty &</p> <p>21 Fruit Truck / Hairdresser 7:30 Walk 9 Exercise / Meditation 10:30 Indoor Bowls Cooking 3:30 Cards with Betty &</p> <p>28 Fruit Truck / Hairdresser 7:30 Walk 9 Exercise / Meditation 10:30 Indoor Bowls Cooking 3:30 Cards with Betty & Crew Christmas decorating</p>	<p>1 7:30 Walk 9 Tai Chi / Paper reading 10:30 Friendship Morning Concert - 2 Resident Info Session 3:00 Bus Outing 3:30 Board games / cards</p> <p>8 Day Time Series 7:30 Walk 9 Exercises / Paper reading 10:30 Friendship Morning Concert - 2 Brenda's Day Care 3:30 Residents Forum</p> <p>15 7:30 Walk 9 Tai Chi / Paper reading Men's Shed outing 10:30 Friendship Morning Concert - 2 Brenda's Day Care 3:00 Bus Outing 3:30 Board games / Cards</p> <p>22 7:30 Walk 9 Exercises / Paper reading Happy Birthday M/Tea 10:30 Friendship Morning Concert - 2 Brenda's Day Care 3:00 Bus Outing 3:30 Board games / Cards</p> <p>29 7:30 Walk 9 Tai Chi / Paper reading Mayor's Xmas Party 10:30 Friendship Morning Concert - 2 Brenda's Day Care Christmas decorating</p>	<p>2 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Anglican Service 2:00 Happy Hour</p> <p>9 9 Tai Chi / Movement to Music 10:30 Catholic Service 2:00 Drinks & Mischief</p> <p>16 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Lutheran Service 2:00 Barber Shop Entertainers at Happy Hour</p> <p>23 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Uniting Service 2:00 Happy Hour</p> <p>30 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Anglican Service 2:00 Happy Hour</p>	<p>3 10:30 Bingo with Kev 3:30 'An Hour with Viv'</p> <p>10 10:30 Bingo with Kev 3:30 Bobs in Kincora</p> <p>17 10:30 Bingo with Kev 3:30 'An Hour with VIV'</p> <p>24 10:30 Bingo with Kev 3:30 Bobs in Kincora</p> <p>Happy Birthday Morning Tea on 22/11/18, in Norwin. Come along and help celebrate birthdays for those born in November!!</p>	<p>4 10:30 Bingo with Kev 3:30 Bobs in Kincora</p> <p>11 10:30 Bingo with Kev 3:30 Bobs in Kincora</p>  <p>18 10:30 Bingo with Kev 3:30 Bobs in Kincora</p> <p>25 10:30 Bingo with Kev 3:30 Bobs in Kincora</p> <p>Please note Change : Hairdresser now comes on a Wednesday.</p> 

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