

March / April 2019

The Tattler

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



Member for Groom Dr John McVeigh visits..
It was great to visit with the team at Beuaraba Living in Pittsworth recently to announce \$500,000 from the Coalition Government's Aged Care Regional, Rural and Remote Infrastructure Grants Scheme. This funding will go towards upgrading facilities and help Beuaraba provide even better support for residents and their families.



March & April 2019 *in this issue*
Executive Team Report, Board News,
Lifestyle Report, Residents Forum, Word Find
Residents' Rights and Responsibilities.
Plus all your regular features.



Pittsworth Platinum Medical Centre

10 Weale Street, Pittsworth

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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 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

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Charlie is a true champion

Charlie Willoughby, her Grandmother Kerrie, and Kerrie's best friend Fiona visit the residents.

Charlie's grandmother Kerrie used to deliver small gifts of chocolates to Residents in Aged Care Facilities when she was a child. When she told Charlie about this, Charlie wanted to do it too, so Kerrie and her best friend Fiona supported her to do this. They got all she would need, and Charlie put the gift bags together and tied them with curling ribbon in Christmas colours.

Kerrie rang Beuaraba lifestyle team to make sure it would be Ok to come and visit the residents. The results were out-

standing and many of the residents enjoyed their treat bags.

Thankyou Charlie !



Above we see Charlie giving gift bags to Gladys S, Pauline W, Mary V.



**We reflect the Golden Oldies Caroling
13 December staged in Kincora.**

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Judith McGrath-Colquhoun
Owner & Director

Welcome again, we have exciting news to share with our readers in this addition of the Tattler. The first headline to share with you, and some may already know, was our successful application for a federal grant of \$500,000. The announcement of our success was made by Dr John McVeigh, Federal Member for Groom during a recent visit to our facility. *See cover page and page 10*

The funding is part of the Aged Care Regional, Rural and Remote Infrastructure Grant Scheme. The funds will be used to refurbish a number of the lodge rooms which will include much needed ensuite makeovers as well as reconfiguring the joinery in the bedrooms to provide better and safer access to the ensuites as well as the rooms themselves.

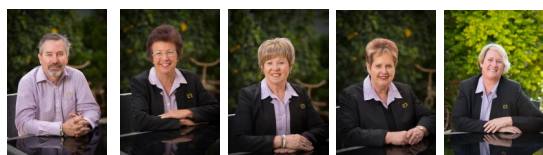
The Lodge was commissioned in 1989 and while structurally sound and still very appealing, the rooms are a little tired and do not lend themselves to the provision of high care that an increasing number of our residents need. We are very excited about being awarded this grant and are looking forward starting the work.

The other exciting news is our successful Re-accreditation site audit that was held from the Tuesday 5th to Thursday 7th of February. Every three years aged care facilities such as ours undergo a re-accreditation assessment to ensure we are maintaining the high quality standard required to maintain our accreditation, receive Government funding so we can provide care to our residents.

One major difference with this year is the site audit visit was unannounced. This means the assessors arrive at the facility at any time within a certain timeframe. I'm pleased to say that we were successful in meeting all 44 outcomes of the Aged Care Quality Standards. To ensure we continue to meet these standards the Aged Care Quality and Safety Commission will continue to make at least one unannounced visit every year, as they do with every Government funded aged care facility.

Further to this regulatory function, as from 1 January 2019 the Aged Care Quality Agency and the Aged Care Complaints Commission have combined to form a single body titled the Aged Care Quality and Safety Commission. The Government believes that combining the 2 functions will provide a more timely and effective response to quality and care issues. Also from 1 July this year the Aged Care Quality Standards will change to provide a holistic approach to quality across the age care sectors such as home support, home care and residential care. We will provide more information as we get closer to the transition.

On a lighter note flick through this latest edition to see the activities for the last 2 months and what is coming up.



Until the next edition

Alex, Janet, Kate, Adrienne, Kim



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please contact:



General Manager

Beauaraba Living

10 Weale Street

Pittsworth Qld 4356

Ph: 4619 8422

Fax: 4619 8400

Email: admin@beauarabaliving.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 Quality and Safety Commission

- *Freecall* 1800 951 822

- agedcarequality.gov.au

Beauaraba Living Auxiliary



Shop Opening Hours

Monday	9am to 4.30pm
Tuesday	9am to 4.30pm
Wednesday	9am to 4.30pm
Thursday	9am to 4.30pm
Friday	9am to 4.30pm
Saturday	9am to 11.30am

New Volunteers are Welcome

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

We recently had the pleasure of having Owen and a group of USQ students on placement with us. What great fun we had!!! Owen was lucky he was playing 500 and not Poker with our 99 year old Resident – she'd have cleaned him out!!! They had several cooking sessions with Residents, with heaps of laughs, and the students learned a trick or two from some of the best cooks in our district. The group then became the entertainment for Happy Hour, celebrating Australia Day. We were entertained by a very talented ukulele player, then we played Australian Celebrity Heads - heaps of fun and laughter shared by all. The inaugural Beauaraba Living Pool Comp was held in the Lodge Dining room. The competition was between the Pittsworth Hard Hats and the Red Devils (distinguishing head gear was supplied). Students and residents participated with much laughter, either with a cue in hand or from the sidelines cheering the teams on every time a ball was sunk ! The competition was won by the Hard Hats. The only shortcoming being whispers of interference and possible misrepresentation. The Resident involved would exchange hats depending on the location of the ball in front of a pocket. When questioned, he simply replied : "This ball is easier to pot". He had a good point, and in the spirit of 'creativity and fun', all charges were dutifully dismissed.



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Lifestyle Continued



Residents are looking forward to the local Show being held on the 8th and 9th of March. The Show Society has kindly offered free entry to any Residents wishing to go, and the St Andrews ladies have offered to provide Residents with a cuppa. Thankyou to them all.

On the 13th Cater Care will be hosting an 'Around The World' luncheon. It will be interesting to see the menu. I'm sure we will all enjoy another interesting meal.

On the 20th March, we will be welcoming the Millmerran Blue Care Friendship Band, starring Sonny. With Desley & Gloria on board, this is sure to be a lively concert.

St Stephen's School children will be visiting us on the 25th at 2 pm in the Lodge Dining Room. Residents love seeing the children, and interacting with them.

For your information: We will be holding an Anzac Day service on the 25th. *More details to come.*

Till next time, stay well and engaged,

From the Lifestyle Team.



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The Grange!**

Residents out and about



What we got up to

Australia Day, cooking with USQ team, work out in the gym, playing cards with Owen, gardening, group activities.



Toowoomba Podiatry—Judith France

Phone — **07 4632 1100**

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Congratulations

Shirley Ladner
who received **Citizen of the Year**
for Millmerran
and Cecil Plains
2019.



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For **\$150 per leaf** you can honor your loved ones memory.

For an application and details, call to the admin office or email admin@beauarabaliving.org.au or call in or drop by to see the Tree of Reflection for some inspiration.

Did you know that the **Pittsworth Rotary Club** sponsor Beauaraba Living on a weekly segment on

Pittsworth FM 87.6 radio

Recently Kate interviewed staff member Julie who had worked at BL left and went west to follow her dreams, she has returned to the care co-ordination team and Julie was letting our listeners know about all the wonderful changes and stand out features she could see since her return.



Thank you Pittsworth Rotary!



Board Directors, Leadership Team enjoy morning tea with Dr John McVeigh...



Thank you !

*Cater Care—
Lisa & Ange*



Wanted !!
Pittsworth Show Entries

- *Art works
- *Poems
- *Sewing
- *Crafts
- *Plants

Entries to lifestyle team.



Lots of beautiful flowers accepted in appreciation from the Lindenmayer Family

*Tammie, Janet & Kay
Admire all the bunches*

Thank you!



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Board— *A Word from the Board,*

The year has started with two main issues occupying the Boards attention, firstly the strategy employed to continue the excellent standard of care our facility provides to our residents, and secondly, how to expand the facility to cater for the growing demand for aged care in our community.

This year the Board and Beauaraba staff hope to see the commencement of the building program that will enable the facility to provide care to 22 additional residents, along with upgrades to kitchen, laundry and administration areas.

Refurbishment of rooms in the Lodge has been made possible ahead of time by a successful application to a federal funding grant of \$500,000.

The continuation of a constructive and harmonious working relationship between the Management and volunteers who contribute to Beauaraba Living's ability to provide care is important.

Thanks to those who contribute and participate in that outcome.

Graham Clapham Board Chair.

*****Reflection Service **Save the Date - Wednesday 22 May*****



Beauaraba Living celebrates the lives of past residents annually with a short Reflection Service held at the facility during National Palliative Care Week. Our service this year will be held on Wednesday 22nd May 2019 from 0930-1000 approximately. We look forward to sharing this time of reflection with families, volunteers and staff. Further details to follow.



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The 15th annual **Craft and Fine Food Spectacular** will be held from Friday 11th through to Sunday 13th October this year.

This event is the major fund-raiser for the Pittsworth Anglican Parish of St Andrew, and draws large numbers of people to our town to enjoy the **quality homemade Australian products** available from the exhibitors in the Town Hall. Our coordinator, Brenda, does a fantastic job in organising over fifty exhibitors from near and far, some being newcomers and others who have attended and been popular over the years. We ask shoppers to please bring their own bags, if possible, due to the banning of plastic bags in shops.

It is planned to have a Launch in the Town Hall on Thursday evening 10th October. More information on this to come as time goes on.

Saturday in Centenary Park is always popular, even on a rainy day last year! Among other things, a Plant Stall, BBQs, food stalls, children's activities and music are there to be enjoyed.

Delicious light lunches are available each day, as well as ever popular scones and pikelets at the Devonshire Teas in the supper room.

Events running in conjunction with the Spectacular include the Spring Garden Competition, the Pittsworth Spring Art Exhibition, the Decorated Window Competition and the beautiful quilting display from the Pittsworth Crafty Quilters. People are also invited to visit the heritage-listed, beautiful old church of St Andrew which is known for its magnificent stained glass windows.

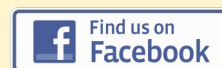
Our dedicated group of Committee members meet once a month and put forward their opinions and ideas, and we simply could not manage without our volunteers (125 last year). Women, men and some children give up their time and cheerfully do what needs to be done. We are so grateful.

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Residents forum notes—

Food Services—now extra food choices. Morning tea being served on time makes a huge difference to activities.

Activities after exercises—continue with choice.

Lifestyle Sub Committee—discussed if Croquet would start again.

Discussed Christmas activities—all agreed everything went well.

Springside activities—expanding choice by using tables thus residents set tables/meals.

Activities—Hair Salon operating Wednesdays weekly with overflow on Thursdays if required, this is working very well.

New Business—Residents provided with proposal 2019 Theme Days, some a bit apprehensive about having Christmas in July, all agreed to trial in 2019 with hot traditional Christmas Meal.

Trial to start in Springside of choice with breakfast. Move yoghurt, fruit and juice from individual tables and relocate on cereal table, those residents wishing to have them could pick them up with their cereal. This takes clutter from individual tables and cuts down on waste. Once trial feedback will expand to other areas.

Residents prefer large serviettes than the current small ones now used.

Residents really appreciate having Owen and the USQ students at BL its been a lot of fun.

Food Services—discussion about the meal sizing. Will refer to CC re-resident requests of small medium and large. Fruit Bowls, residents thought very little fruit on offer but have now placed fruit bowls in more prominent view and residents can ask CC for what you want and you will receive.

Discussed toast issues—hot crisp, not cooked enough or overcooked. Refer Management.

Activities after exercises—ensure Residents from other areas know so they can participate if they wish to.

Entertainers—visiting 30 March will be Desley & Gloria along with the Millmerran Blue Care Friendship Band starring Sonny.

Activities—AGM coming up, Olive advised standing as chaired 2 months.

AGM held 14/2/19 New Chair Viv L, Thank you Olive and welcome Viv.

New Business—New placemats working well. Pittsworth Show is on 8th & 9th March looking for entries. St Stephens year 4 & 5 resume visits. Charlie volunteered to host worship service when 5 Fridays in a month.

Comment that the Gym is getting busier, and Olya is back Wednesdays.

Looking forward to having Owen and a new group of students arriving.

Continued page 15



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

Beauaraba Living Auxiliary—

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.

After our closure and holiday break 2019 has started shaping up to be another busy year.

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

Remember all our profits help assist in making Beauaraba Living a better Aged Care Facility 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 again 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.

Care Pittsworth—

We have started compiling the establishment of our resource assets log which has varied items which can be loaned out into the local community. Such resources 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.

We greatly appreciate the very generous supportive community.



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Residents forum notes— continued from page 13

Alex's report:

*New building plans continue, and the Board are currently looking at costings. Alex expects there will be more information to report after the Board meets at the end of February. Management will keep Residents informed and up to date on progress.

*As many already know, we experienced our Re-accreditation Visit last week, with Agency staff speaking to many Residents. We are waiting the final report, and Management will share this information as it becomes available.

*Management are looking into a new piece of equipment regarding toast. It is a 'Smokeless Toaster'.

*Recycling water bottles: Query about recycling these bottles. Alex commented that they already are. We use approximately 24 slabs a week. Comment that the small bottles are handy if going out.

*Viv thanked the meeting for their confidence in electing him President, and declared he would endeavor to do a good job.



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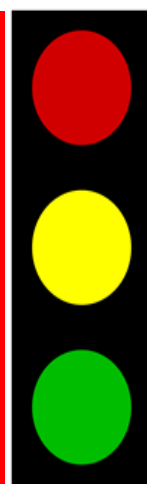
Phone:

0437 672 472



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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Remembrance Day Word Search

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O	V	Y	Z	J	D	A	P	O	P	P	Y	X	Z	J	Z	Q	L	B	P
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J	B	R	E	V	E	T	E	R	A	N	S	F	L	P	E	A	C	E	L

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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:

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- 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.



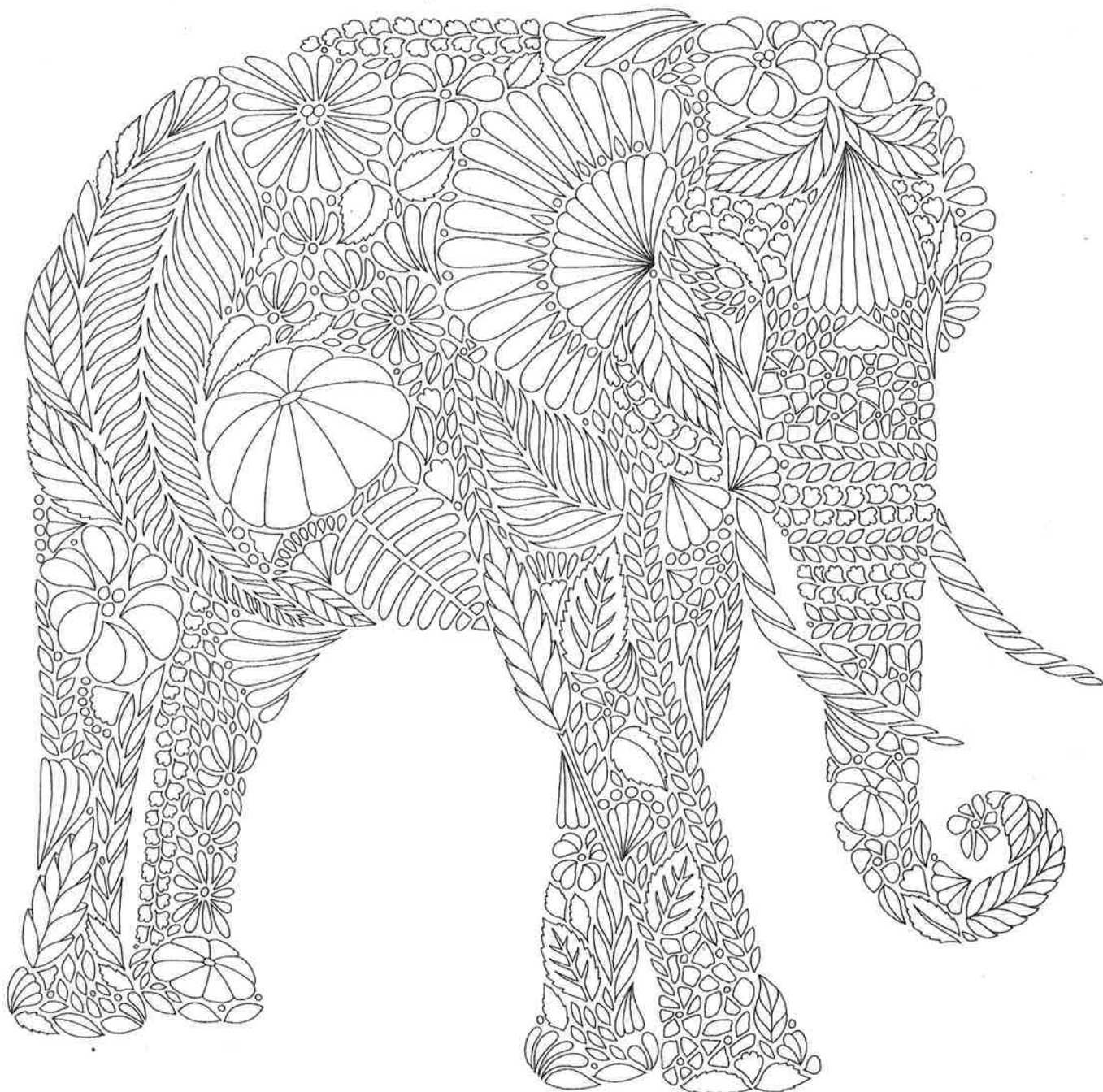
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Lifestyle Planner for March 2019

Community Participation Monday - Happy Wanderers Thursday - Brenda's day Care Friday - Senior Citizens Saturday - RSL Cards			1 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Anglican Service 2:30 Happy Hour	2 10:30 Bingo with Kev 3:00 Bobs in Norwin	3 10:30 Bingo with Kev 3:00 Bobs in Norwin
4 9 Exercise / Meditation 10:30 This n That 3:30 Word in a Word	5 9:00 Yoga / Meditation 10:30 Bingo 2:30 Ice Cream Parlour 3:30 Indoor Sports	7 9 Exercises / Relaxation 10:30 Friendship Morning Concert 2 Resident Information Session 3pm Bus Outing 3:30 Quiz	8 Pittsworth Show 9 Tai Chi / Movement to Music 10:30 Catholic Service with Year 5 & 6 classes 2:00 Happy Hour	9 Pittsworth Show 10:30 Bingo with Kev 3:30 'An Hour with Viv' 3:00 Bobs in Norwin	10 10:30 Bingo with Kev 3:00 Bobs in Norwin
11 9 Exercise / Meditation 10:30 Sing-a-long 1:00 Lifestyle & Food Services Sub Committee 3:30 Quiz	12 9:00 Yoga / Meditation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Coffee Shop outing 3:30 Indoor Sports	14 9 Exercises/ Relaxation 10:30 Friendship Morning Concert 2 Brenda's Day Care 3:30 Residents Meeting	15 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Lutheran Service 2:00 Happy Hour	16 10:30 Bingo with Kev 3:00 Bobs in Norwin	17 St Patrick's Day 10:30 Bingo with Kev 3:00 Bobs in Norwin
18 9 Exercise / Meditation 10:30 Word in a Word 3:30 The Travel Bug with John	19 9:00 Yoga / Meditation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Reminiscing with Fay	21 9 Exercises/ Relaxation Men's Shed 10:30 Friendship Morning Concert 2 Brenda's Day Care 3pm Bus Outing 3:30 Quiz	22 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Uniting Service 2:00 Happy Hour	23 10:30 Bingo with Kev 3:30 'An Hour with Viv' 3:00 Bobs in Norwin	24 10:30 Bingo with Kev 3:00 Bobs in Norwin
25 9 Exercise / Meditation 10:30 Sing-a-long Presbyterian Fellowship 2pm St Stephen's School Year 4 & 5 in Lodge 3pm Painting with Lyndall & Friends	26 9:00 Yoga / Meditation HAPPY BIRTHDAY M/TEA 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:30 Indoor Sports	28 Toowoomba Show Holiday. 	29 Catholic Communion 9 Tai Chi / Movement to Music 10:30 Service with Charlie 2:00 Happy Hour	30 10:30 Bingo with Kev 3:00 Bobs in Norwin	31 10:30 Bingo with Kev 3:00 Bobs in Norwin

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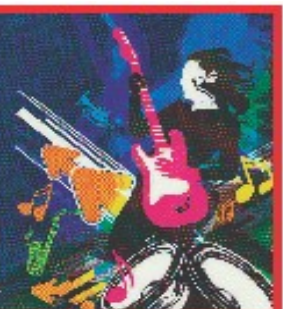
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