# The Tattler

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



Member for Groom, Dr John McVeigh visits BL again ..... this occasion was to announce the windfall of a

nounce the windfall of a \$1,800,000 grant, while visiting Beauaraba John took time out to visit long time friends......

"Foley (Robert) and Moya Barron have been family friends since my childhood when our families



#### May & June 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

Telephone: 07 4619 8412

Monday to Friday 8.00am to 5.00pm

Facsimile: 07 4619 8416 www.platinumhg.com.au

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**Pittsworth Platinum Medical Centre** 4619 8412 **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 4638 1277 Visiting Tuesday weekly 10.00am to 4.00pm Hearing iHear **Active Residents Groups:** 

Beauaraba 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

Education Living Life Centre
Community Kitchen
Community Kitchen
Norwin

#### **Events:**

Monday Happy Wanderers Weekly Wednesday Caring and Sharing 3rd 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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## Brenda and the day care students visit Kincora ...... 🌉

















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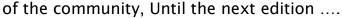
Welcome again, the exciting news continues on from the last edition. After extensive deliberations, detailed planning and costing and ongoing due diligence, the Board is very close to committing to our Stage 3 building and refurbishment project. The project includes the construction of a 26 bed extension, refurbishment/ extensions to the kitchen, main dining room, laundry and administration area. The project also includes the development of a "Wellness" Centre, which will assist us to fulfil our resident reablement philosophy of care. Information sessions for staff and resident have been conducted recently and we will look to provide community updates in the near future.

To support us with this project we were successful in our application in the last Aged Care Approvals Round (ACAR) for a capital grant of \$1.8mil. Our success was announced to the media by the Federal Member for Groom, Dr John McVeigh. We are very excited about receiving this additional funding as it secures the opportunity for us to ensure the provision of quality care and accommodation services into the future.

With the federal election campaign under way our industry peak body, Leading Aged Services Australia (LASA) is undertaking a nationwide awareness campaign for both our politicians and the public about the critical need for Aged Care reform. With significant funding issues, negative public sentiment and the work of the Royal Commission, it is essential to act now to ensure quality care and services are sustainable into the future. While additional short term funding has been welcomed, there was no provision in the federal budget for any ongoing sustainable funding changes.

We continue to work towards 1 July 2019 as the date on which the new Aged Care Quality Framework comes into effect. Policies, procedures and documentation must be reviewed and updated to align with the new standards. Also to be implemented on 1 July is the new Charter of Aged Care rights. All current residents will be given the opportunity to review, sign and receive a copy of the new charter after 1 July and before the end of September.

As you can see the rest of the year shaping up to be very active. As always our Board and staff are committed to providing high quality, safe care for the elderly















Alex, Janet, Kate, Adrienne, Kim





### **HELP US TO HELP YOU**

# Tell us what we do well how we can improve!

If you have any suggestions or comments, please contact:



General Manager
Beauaraba Living
10 Weale Street
Pittsworth Old 4356

Ph: 4619 8422

Fax: 4619 8400

Email: admin@beauarabaliving.org.au or

**Board Chair** 

Mr Graham Clapham 0429 700 496

<u>Suggestion Box:</u> Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in all the foyers. Staff on duty can assist you if required. These forms can then be placed inside the box for daily collection. **or** 

External Avenues that you may use if the issue is not resolved:

**Qld Aged & Disability Advocacy** 

• Freecall 1800 818 338

#### **Aged Care Quality and Safety Commission**

- Freecall 1800 951 822
- agedcarequality.gov.au

## Beauaraba Living Auxiliary



#### **Shop Opening Hours**

Monday	9am to 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

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*Note*—Furniture by prior arrangements only.

Shop Phone—4693 2530

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people who are frail aged, younger
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#### LIFESTYLE REPORT

Welcome to the May Lifestyle report: April was a busy month for everyone, with school holidays followed by Easter, and Anzac Day. Also thankyou to Gerard and Janice Wainright for hosting a 'Farmers Talk', on the 9<sup>th</sup>. This was very well attended, and Residents thoroughly enjoyed discussing all things farming.

May is shaping up to be the same. On the 6<sup>th</sup> we have one of the last public holidays for the year, so we will be holding our Lifestyle & Food Services Sub Committee meetings on the Wednesday prior to the Residents Meeting on the 9<sup>th</sup>. Please note time for Sub Committee meetings has changed from 1pm to 1:15, which allows Springside Residents a little more time to enjoy their meal. On the 14<sup>th</sup> we have the Uniting Church Fellowship morning tea. Then on the 15<sup>th</sup> Cater Care are hosting their Major Theme Day, 'Welcome to the Jungle' - staff encouraged to dress up.



On the 22<sup>nd</sup> we are holding our yearly Reflection Service in Kincora / Norwin. There will be no exercises on that morning, so we can use that time to prepare for the Service. Thankyou Charlie for leading this event.

Wishing all our Mother's, Grandmothers, Great Grandmothers and Aunties a Happy Mother's Day on the 12<sup>th</sup> May.



Our Gym is proving very popular, and Leadership have approved extra Wellness staff hours to support the increase in Residents wishing to attend.



## Cains Pharmacy Where local health matters

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Lifestyle Continued ...... Anzac Service ...















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



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## Residents have a visit from Paddy, Eddie & Tigger .....



Handlers Fiona Broksch, Dylan Binstead and Deb Stephens visited the residents. Irish Wolf Hounds Paddy (Wheaten) and Eddie (Silver Grey) and French Poodle Tigger kept everyone entertained.







**Toowoomba Podiatry—Judith France** 

Phone — **07 4632 1100** 

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#### Dr Karen M. Rock

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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 **admin@beauarabaliving.org.au** or call in or drop by to see the Tree of Reflection for some inspiration.

#### More Anzac Pictures ......











Lest We Forget



## REFLECTION SERVICE







Wednesday 22<sup>nd</sup> May 2019

# KINCORA from 9.30-10:00 am

All Residents, Families, Volunteers & Staff are welcome to join us as we celebrate the lives of Residents and employee family members who have passed away since the last service held in May 2018

### Please note service only







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## Board— A Word from the Board,

Earlier this year Beauaraba Living was a successful recipient in two Federal Government aged care grant rounds. The first, announced in February, was the \$500,000 refurbishment grant which will enable us to refurbish 13 of the original rooms in the lodge.

The second, announced in March, was an amount of \$1,800,000 which will fund the upgrade of the kitchen, Laundry, Administration centre, and the provision of a wellness centre which will include room for visiting allied health pro-

fessionals to consult clients.

These grants are perfectly timed to support the construction of a new 26 bed memory support unit, made up by two 13 bed houses. We are grateful for Federal Government support in the form of the grants, it allows for a complete construction in a timely manner, without exposing the organisation to financial risk. Senior management, along with the Board has been busy with the necessary planning to bring this expansion of our facility to reality, and allow Beauaraba to continue providing quality compassionate care to those who need it.

Graham Clapham Board Chair.

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## Residents out and about .... Living Life......























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#### Residents forum notes—

Food Services—Residents to make sure staff provide them with all choice options. Residents are enjoying the choice of midday meals. It has had a very positive result. Meals on the whole are pretty good with plenty of variety and the presentation is very nice. All agreed that there has been a vast improvement.

Activity—some activity tables have been set up in the TV room at the Lodge. This room is not often used to watch TV, and Residents can set up games, and come and go as they need without impacting on other services in the facility.

**Happy Hour**—now goes from 2pm to 4pm as voted and agreed upon.

**Reaccreditation**—reported positive results from recent Reaccreditation visit. Assessors spoke very highly of the facility, and were pleased to announce that we passed all 44 outcomes.

Recycling—Viv reports a positive response to recycling efforts. As Viv was very passionate about recycling, he has taken a keen interest in this, and is pleased to report Residents in Springside have been very diligent about removing caps from bottles. Viv himself empties bins there, and reports an increase from 1 bin a week requiring emptying, to 3 bins a week.

He also reports that there is now recycling happening in High Care, and of course the Lodge Residents continue with their efforts. Residents report overflowing bin issue is resolved in Lodge, and Janet commented that Maintenance Staff empty these bins.

**Zilch**—Comments that Zilch has taken off, and becoming very popular.

**Food Services**—Request for more spinach, and another for more vegetables, possibly a vegie bakes. Comment that 'food was good' was received.

**Date Claimers** — 14<sup>th</sup> is Uniting Fellowship Morning Tea – Lifestyle staff will be seeking numbers shortly. 15<sup>th</sup> Cater Care are hosting Welcome to the Jungle Major Theme Day. 22<sup>nd</sup> we will be holding our Reflection Service in Kincora / Norwin starting at 9:30am.

Alex—could start some work on the new building as early as July, with an expected completion date of July 2020. The recent grant to cover the refurbishment of the Lodge, maybe completed by December 2020.

Residents will be consulted throughout the process, starting with an Information Session to be scheduled in

the near future.





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

#### Beauaraba Living Auxiliary—

Again we thank all the Beauaraba living Op Shop wonderful volunteers and the local residents of Pittsworth and surrounding areas who continually donate their preloved items to us.

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.

The auxiliary is looking forward to assisting with more purchases to put towards the new building program as Alex reported in the Leadership report on page 4.

## Volunteers—All training provided.

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

Phone 4693 2530 leave your details.

Roster shifts are -

Mornings 9am to 12.30pm Afternoon 12.30 to 4pm

#### Care Pittsworth—

While still maintaining the palliative care room at Beauaraba Living, the group are now in a position to lend out medical aids and equipment such as walkers, beds, showers chairs etc.to the Pittsworth and District residents.

Care Pittsworth are also working with Helen Everingham a promotional speaker who was a quest at a morning tea recently held at the Pittsworth function centre last month. It is hoped that this venture will progress to work shops and youth work in the future.



Judy and Rhonda thank promotional speaker—Karen Everingham.



Congratulations ..... re accreditation .....



Alex - General Manager is very pleased to share with Adrienne, Janet and Kate, Board members Nigel Graham and Rob, Beauaraba Living has achieved 3-year re-accreditation. Our next reaccreditation is due in 2022 under the new standards which are effective 1 July 2019.





## 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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## Flower Power Word Search

Find the names of flowers hidden in the puzzle.

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BEGONIA CARNATION CHRYSANTHEMUM CLOVER COLEUS CROCUS DAFFODIL DAHLIA DAISY DANDELION **GERANIUM** GLADIOLA LILY MARIGOLD MORNINGGLORY ORCHID PANSY PETUNIA PRIMROSE ROSE SUNFLOWER TULIP VIOLET

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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.



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



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# **Proposed** Lifestyle Planner for May 2019

Sun	5 10:30 Bingo with Kev 3:00 Bobs in Norwin	12  Happy Mother's Day 10:30 Bingo with Kev 3:00 Bobs in Norwin	19 10:30 Bingo with Kev 3:00 Bobs in Norwin	26 10:30 Bingo with Kev 3:00 Bobs in Norwin	Community Participation Monday - Happy Wanderers Thursday - Brenda's day Care Friday - Senior Citizens Saturday - RSL Cards
Sat	4 10:30 Bingo with Kev 3:30 'An Hour with Viv'	11 10:30 Bingo with Kev 3:00 Bobs in Norwin	18.30 Bingo with Kev 3:30 'An Hour with Viv'	25 10:30 Bingo with Kev 3:00 Bobs in Norwin	
Fri	3 Catholic Communion 9 Tai Chi / Relaxation 10:30 Anglican Service 2:00 Happy Hour	10 9 Tai Chi / Relaxation 10:30 Catholic Service 2:00 Happy Hour	17 Catholic Communion 9 Tai Chi / Relaxation 10:30 Lutheran Service 2:00 Happy Hour	24 Catholic Communion 9 Tai Chi / Relaxation 10:30 Uniting Service 2:00 Happy Hour	31 Catholic Communion 9 Tai Chi / Relaxation 10:30 Service with Charlie 2:00 Happy Hour
Thu	2 9 Exercises / Relaxation 10:30 Friendship Morning Concert 2 Resident Information Session 3:30 Quiz	9 9 Exercises/Relaxation 10:30 Friendship Morning Concert 3:30 Residents Meeting	16 9 Exercises/ Relaxation Men's Shed 10:30 Friendship Morning Concert 3pm Bus Outing 3:00 Musical Movie	9 Exercises/Relaxation 10:30 Friendship Morning Concert 3:00 Bus Outing Romance Movie	30  9 Exercises/Relaxation Happy Birthday M/Tea 10:30 Friendship Morning Concert 3:00 Bus Outing Western Movie
Wed	1 Fruit Truck / Hairdresser 9 Tai Chi & Move to Music 10:30 Indoor Bowls Nail Care 1pm Garden Club Meeting 3pm Cards with Betty & Crew	8 Fruit Truck/Hairdresser 9 Tai Chi & Move to Music 10:30 Indoor Bowls Nail Care 1:00 Lifestyle & Food Services Sub Committee 3pm Cards with Betty & Crew	15 Fruit Truck / Hairdresser 9 Tai Chi & Move to Music 10:30 Indoor Bowls CCA—'Welcome to the Jungle' Theme Day Nail Care 3 Cards with Betty & Crew	22 Fruit Truck/Hairdresser er 9:30 Reflection Service in Kincora/Norwin Nail Care 3pm Cards with Betty & Grew	29 Fruit Truck/Hairdresser 9 Tai Chi & Move to Music 10:30 Indoor Bowls Nail Care 3pm Cards with Betty & Crew
Tue		7 9 Exercises / Relaxation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Bus outing & Board games	14 Mother's Union Mitea 9 Exercises / Relaxation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3 pm Indoor Sport	9 Exercises / Relaxation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Reminiscing with Fay	28 9 Exercises / Relaxation 10:30 Bingo with Betty & Crew 2:30 Ice Cream Parlour 3:00 Zilch
Mon	Isth CCA Major Theme Day 'Welcome to the Jungle'	6 Labour Day Public Holi- day	13 9 Exercises / Relaxation 10:30 Sing-a-long 3:00 Word in a Word	20 9 Exercises / Relaxation 10:30 This n That 3:30 The Travel Bug with John	97 9 Exercises / Relaxation 10:30 Sing-a-long Presbyterian Fellowship 3pm Painting with Lyndall & Friends

## SUPPORTERS OF BEAUARABA LIVING



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