

Fashions on the Field



Gracie Dixon Centre
Community Care News
November-December 2020

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Mark your Diaries

Hello everyone,

Welcome to our final newsletter for the year. What a year we have had with our doors closed for such a long time, to reopening and being restricted with some of our program delivery to finally getting some normality back into our lives just in time for Christmas.

The front page of our newsletter displays pictures of our Melbourne Cup function. This year we had a large group of clients attend and I would like to congratulate everyone for dressing up for this memorable day. A big thank you to staff who organised the sweeps, fashion parade and many other activities that keep everyone in the mood to cheer on the race at the end of the day. November has been a big month for Theme Days from Melbourne Cup to Black Friday, Country dress up day and Rock n Roll dress up at the end of November. Thank you to everyone for being part of the party mood and dressing up. It has also been very active with musicians all coming along several times during November to perform. Things are certainly getting back to normal.

Gracie Dixon's Christmas Party

This year we have decided to have one big party rather than celebrate Christmas every day leading up to the centres closure for Christmas. An invitation is enclosed, inviting you plus your carer or spouse to join us for Christmas on the **18 December 2020**.

The Gracie Dixon Centre will not be open on this day as we will all be there to welcome you at the **Multiplex Centre**, 1 Civic Avenue Bundaberg West. If clients could be dropped off at the Multiplex between 8.30 and 9.30 and picked up from this venue at 2pm please. The cost for everyone to attend is \$10.00 and you will receive morning tea and a two course cold lunch. The chefs from the Tom Quinn Centre will be cooking lunch and plating up on the day for us so that everyone can celebrate together. Gracie Dixon will pay the remainder of the price for our lunch as a Christmas gesture to you all. For catering purposes I need to receive the number of people attending and their money no later than Friday 4 December 2020. To avoid disappointment please get your money to the office early so that we can secure your booking. Rod Bryant along with other entertainers will provide us with live entertainment on the day whilst staff are putting together a slide show of activities and events we celebrate at the centre for everyone to enjoy.

| | |
|-------------------------------------|--|
| Branch Manager Community Services: | Kirstin Harrison |
| Gracie Dixon Centre Coordinator: | Lyn Frost |
| Gracie Dixon Centre Administration: | Dianne Mackenzie |
| Senior Community Care Worker: | Julia Da Silva |
| Community Care Workers: | Diane Hillyard, Jodi Arthy, Jennarah Hall |
| Trainee Care Worker: | Max McKay |



Australian Government

A message from the Coordinator

Meals at the Centre



I often get asked from carers what is served for lunch at the centre each day. Our menu changes each week and is cooked daily at The Tom Quinn Centre. Some of the dishes we serve are: Roast Beef / Pork and vegetables, Crumbed Fish and vegetables, Curried Sausages and vegetables, Chicken & vegetable Hot Pot, Chicken parma & salads, Pork Chops and vegetables, Sweet & Sour Pork with Rice, Lambs Fry & Bacon with vegetables, Homemade Rissoles & vegetables, Corned Beef and vegetables and a variety of desserts. There is always the option of cold meat and salad, sandwiches or toasted sandwiches for those who prefer a light meal. Please let staff know in advance so that your choice of meal can be ordered.



New Staff—Trainee

We have been fortunate enough to secure a new trainee for the next twelve months as a Home and Community Care Worker. Please make sure you have a chat and get to know Max McKay who will be spending time with us whilst completing his studies before heading off to Melbourne next year. Max lives in Bundaberg with his family and is going to Melbourne to study to be a paramedic once he has completed his traineeship at Gracie Dixon.

Support for Carers

If you provide support for a loved one ...there is help available for you too.

A carer is someone who helps a family member or friend with grocery shopping, preparing meals, personal care, finances, emotional support, administering medicine. If you or someone you know provides assistance to a family member or friend, support is only a phone call away. Free supports available through Carer Gateway, phone 1800 422 737 or visit [carergateway.gov.au](https://www.carergateway.gov.au)

Centre Closure for Christmas

The Gracie Dixon Centre will be closed Friday 25 December and will re-open for business on Monday 4 January 2021. Our centre will operate on Thursday 24 December between 9am—12 midday.

Please note only morning tea will be served, lunch will not be provided on the 24 December 2020. Clients will be contacted later in December to source numbers attending the centre on the last week of 2020. Bargara Day Respite will close on Thursday 17 December 2020 and will reopen on Thursday 21 January 2021.



I have enclosed 2 Safety Alerts for you to read. One in regards to "Heat Stress" and the other is "If it's Flooded, Forget It—Back it Up". Bundaberg Regional Council recently ran a competition called Safe Work Month and the team at Gracie were one of the winners chosen. Congratulations team on a great effort everyone got involved and took it very seriously using their creative flair to get their message across to others. Our message read as follows: "Don't be a clown, Drive the client bus safely and Slow down". The team won some great prizes for all clients to use such as an esky for our outings and drink bottle, a bunnings hat, safety glasses, coffee mug some zooper doopers to enjoy on a hot day in the park. Well done team. Stay safe everyone, Lyn.



Dementia Café: (recommencement date to be advised)

Gracie Dixon Centre - Dementia Café

When: 1st Friday of each month

Where: Sugar Coast Motor Inn
Cane Cutters Kitchen
220 Bourbong Street (Corner of Bourbong & Burren Streets)

Time: 9.30am - 11.30am

Cost: \$5.00 per person (includes morning tea)



Our Guest Speakers for first session back will be advised closer to the date, when known.

All members of the community are welcome to attend this session.



Recognise & Respond to End of Life

Helping you to recognise and respond to end of life for the older people in your care

An important first step is learning how to talk about death and dying with the person and their family. Know how to recognise the signs and symptoms of dying so that you can respond appropriately when these signs occur.

Learn how to manage dying so your resident or client is comfortable in their final days of life by watching our free toolkit educational videos below, or visit the toolkits to learn more about this important part of end of life care. ELDAC (End of Life Directions for Aged Care) toolkits are free and available online to help you. Toolkits contain links to education and learning opportunities and resources.



Watching this video will help you to:

- Identify the components of multidisciplinary teamwork.
- Understand the use of case conference to plan care
- Offer proactive palliative care to regularly reassess needs

Source: Aged Care Insite



Watching this video will enable you to:

- Recognise deteriorating health
- Identify the changes that show death is near
- Understand the benefits of open communication and 'talking about dying'
- Support and care for the client dying at home

aged care
insite

Book in with the Hairdresser ... Men and Ladies



| | |
|--------------------|---------|
| Ladies trim from | \$22.00 |
| Perm | \$65.00 |
| Shampoo & Set | \$22.00 |
| Shampoo & Blow-dry | \$22.00 |
| Men's trim | \$14.00 |

Melanie is available Fridays. Call the Centre on 4130 4120 to make an appointment.



Book Now
BOOK NOW

Farewell to Dan

Memorable Moments

18/06/1934 to 10/08/2020

Daniel Matthews

In February this year Dan transferred into a nursing home in Brisbane to be closer to his family.

Sadly on the 10 August 2020 Dan passed away with family members close by his side. Dan was always a delightful gentleman who everyone acknowledged.

He would often go on scenic drives as he enjoyed being with the men and sitting at the beach with a coffee and biscuit.

One of Dan's favourite outings was going to the zoo for a BBQ lunch and to go for a walk to see the animals, especially the dingos. Dan participated in the Anzac Service at his nursing home in April this year. Attached is a copy of all of his medals he was awarded whilst in the services.

Lest we forget



Customer Assist Program

If you're struggling to pay your bill, you may be eligible for our Customer Assist Program

About this program:

- Help you work out what you can afford to pay, based on your current financial situation and future energy needs
- Work with you to develop a personalised payment plan that outlines regular payments and what you'll need to do to stay in the program
- Help you reduce your electricity usage
- Let you know if you're eligible for any government rebates, concessions, grants and services
- Suggest where you can get further financial assistance

Payment Plans

Payment plans are designed to help you pay your account balance, with an understanding of your individual needs, ability to make payments and your future energy use.

While your payment plan is active your electricity bill will be issued as a statement only.

You'll need to make all of your individual agreed payments according to your payment schedule.

If you miss a payment, your plan may be cancelled so please contact our team to have a confidential discussion if you are in this situation.

If your plan is cancelled, it may impact your participation in our Customer Assist program and your ability to arrange

another payment plan with us in the future.



Who can become part of the Customer Assist Program?

Ergon Energy Retail Residential customers who are experiencing financial hardship in paying their electricity bills on their primary residence and who are willing to commit to the program guidelines may participate in the Customer Assist Program.

Defining hardship

In our hardship policy, we define financial hardship as a situation where you have the willingness to pay your electricity bill but do not have the financial capacity to do so on the set due dates.

We respect your privacy

Ergon Energy Retail will use your personal information in the correct way in accordance with the Privacy Act 1988 (Cth) and the Australian Privacy Principles.

Contact us

Customer Assist

1800 670 352

8am-5pm, Monday to Friday

To read the full Ergon Energy Retail Hardship Policy visit:

ergon.com.au/supportprograms

People with dementia differ in the patterns of problems they have, and the speed with which their abilities deteriorate.

A person with dementia's abilities may change from day to day, or even within the same day. What is certain though is that the person's abilities will deteriorate; this may happen rapidly in a period of a few months or slowly over a number of years.

Phases of the condition

Some of the features of dementia are commonly classified into three stages or phases. It is important to remember that not all of these features will be present in every person, nor will every person go through every stage. However, it remains a useful description of the general progression of dementia.

- Early Dementia
- Moderate Dementia
- Advanced Dementia



Early Dementia

Often this phase is only apparent in hindsight. At the time it may be missed, or put down to old age or overwork. The onset of dementia is usually very gradual and it is often impossible to identify the exact time it began. The person may:

- Appear more apathetic, with less sparkle
- Lose interest in hobbies and activities
- Be unwilling to try new things
- Be unable to adapt to change
- Show poor judgement and make poor decisions
- Be slower to grasp complex ideas and take longer with routine jobs
- Blame others for "stealing" lost items
- Become more self-centred and less concerned with others and their feelings
- Become more forgetful of details of recent events
- Be more likely to repeat themselves or lose the thread of their conversation
- Be more irritable or upset if they fail at something
- Have difficulty handling money

National Dementia Helpline

1800 100 500

For language assistance call 131450

Progression of Dementia

Moderate Dementia

At this stage the problems are more apparent and disabling. The person may:

- Be more forgetful of recent events. Memory for the distant past generally seems better, but some details may be forgotten or confused
- Be confused regarding time and place
- Become lost if away from familiar surroundings
- Forget names of family or friends, or confuse one family member with another
- Forget saucepans and kettles on the stove. May leave gas unlit
- Wander around streets, perhaps at night, sometimes becoming lost
- Behave inappropriately, for example going outdoors in nightwear
- See or hear things that are not there
- Become very repetitive
- Be neglectful of hygiene or eating
- Become angry, upset or distressed through frustration



Advanced Dementia

At this third and final stage, the person is severely disabled and need total care.

The person may:

- Be unable to remember occurrences for even a few minutes, for instance forgetting that they have just had a meal
- Lose their ability to understand or use speech
- Be incontinent
- Show no recognition of friends and family
- Need help with eating, washing, bathing, toileting and dressing
- Fail to recognise everyday objects
- Be disturbed at night
- Be restless, perhaps looking for a long-dead relative
- Be aggressive, especially when feeling threatened or closed in
- Have difficulty walking, eventually perhaps becoming confined to a wheelchair
- Have uncontrolled movements
- Have permanent immobility, and in the final weeks or months the person will be bedridden

Remember

Some abilities remain, although many are lost as the disease progresses. The person still keeps their sense of touch and hearing, and their ability to respond to emotion.

Source: <https://www.dementia.org.au/about-dementia/what-is-dementia/progression-of-dementia>

Proud Moments

One of our clients has asked us to display his brother's woodwork in this month's Newsletter. A very talented craftsman indeed.



Don's Woodcraft
Specialising in Scroll Saw Art
in various designs
using recycled and new materials

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if you're up for the commitment!"

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Thank you to our Entertainers

