

Dress Up "First Letter of your Name"



Gracie Dixon Centre
Community Care News
April - May 2021

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A message from the Coordinator

Mark your Diaries

Hello everyone,

2021 is moving along quite swiftly by the time you receive this newsletter it will be April and with the months now cooling don't forget to bring your cardigan along to the centre. We have been taking some great pictures at the centre with our activities and theme days proving to be a lot of fun. Thank you to everyone who takes the time to dress up on theme days as it makes the day full of surprises.

- Anzac Day public holiday is Monday 26 April 2021
- Labour Day public holiday is Monday 3 May 2021
- Show Day public holiday is Thursday 27 May 2021

The centre will be closed for these public holidays. Please see the care workers if you would like to book a different day to attend due to the public holidays. Any client receiving in home services that would like to reschedule please phone the centre so that an alternate date can be arranged.

Free Carer Gateway Information Session

On 27 April 2021, the Gracie Dixon Centre will be hosting an information session for carers at the Multiplex. Carers Gateway will be my guest speakers and will address issues that carers face on a day-to-day basis and will offer support for those who may require additional services. If you are unable to attend this session and would like some information/ brochures posted or emailed, please contact Lyn Frost at the Gracie Dixon Centre on 4130 4120.

wellways



A big thank you to all of the musicians that regularly attend our centre, the music days are enjoyed by everyone. It is lovely to see people getting up to dance whilst others sing a long to the tunes of yesteryears.



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

Bargara Respite

Bargara Day Respite has been enjoying some different activities during March where they all were involved in pottery. Julia said that everyone seemed to enjoy this program and they are looking forward to doing more of this activity. Thank you to one of the clients for bringing the equipment and sharing his knowledge.



Outings



Outings are back on the program with scenic drives, morning tea outings and a visit to Tinaberries for an ice-cream as well as Lunch in the country.

Some of these activities may not have been arranged on the day that you attend however in due time everyone will be given the opportunity to enjoy these outings.

Any carers wishing to top-up their existing cash amount kept at the Centre or start up a cash float, please see Di Mackenzie in Reception and she will explain how our system works. This will allow staff to have access to money on outings to purchase morning teas or an ice-cream, buy raffle tickets or to pay for the hairdresser.



A message from the Coordinator

Meals at the Centre

Tom Quinn Centre provides us with a two-course meal prepared fresh every day. If you would prefer cold meat and salad, sandwiches or toasted sandwiches could you please notify admin so that the order can be changed.

Because we order a week in advance you will need to let staff know ahead of time not on the day. If you are happy with the hot meal provided you do not need to do anything except enjoy your lunch. We will return to soup and a hot meal rather than hot meal and dessert from the beginning of May 2021.



Ask Your Doctor

On the next visit to your doctor, please ask for a printout of your medical history. All we require is a summary of your medical diagnosis and a list of current medications.



In the event of an emergency and if an ambulance is required whilst at the Centre, staff will need to provide a copy of your medical summary. By having updated information of your diagnosis, will help assist paramedics and could save your life.

That's all the news I have for now. Until next time, stay safe.
Lyn

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



Book Now
BOOK NOW



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

Stay on your Feet

Stay active, stay independent and Stay on your Feet

All of us want to stay active and independent and live in our own home for as long as possible. Falls do not have to be an inevitable part of growing older – you can take action to stay on your feet. Here you can find tips on healthy, active ageing and how you can reduce the risk of a slip, trip or fall and the harm caused by these injuries as you get older.

Falls are one of the main reasons that older people are admitted to hospital or need to move to a higher level of care, such as a nursing home. However, falls are not an inevitable part of the ageing process. You can help reduce your risk of falling by:

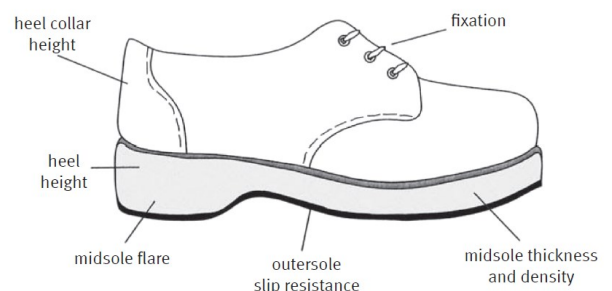
- ⇒ Knowing the risk factors for falling
- ⇒ Taking action to stay healthy and active
- ⇒ Creating a safe environment in and around your home

Essential elements of physical activity include strength, balance and reflexes. While age can affect your strength and balance, this can be improved by regular exercise on most days of the week. It's never too late to start. Balance and strength exercises could include Tai Chi, yoga, dancing or a specific program provided by a health or exercise professional.



Some types of footwear can increase your risk of falls by making you trip, slip or stumble. Choose and wear shoes that are appropriate for your feet and suit the activities you do. Consider shoes that will help you to *Stay on your Feet*. Your shoes need to fit well and be in good repair. Features of good shoes include:

- ⇒ A broad, slightly rounded heel less than one inch (2.5cm) high - this will make you more stable as it distributes your weight better, and has better contact with the ground
- ⇒ A firm, flat, non-slip sole that bends mainly at the ball of the foot
- ⇒ Shoes with soles that have the right amount of grip - not too slippery but not too resistant
- ⇒ A shape that conforms to the shape of your foot and are held by laces, zips or Velcro fastenings



Avoid loose fitting sling backs, slippers, thongs or scuffs.

<https://www.health.qld.gov.au/stayonyourfeet>

How Music Therapy can improve the physical and mental wellbeing of people with Dementia

Evidence shows that music therapy can improve the physical and mental wellbeing of people with Dementia.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life.

It is a neurological condition characterized by deterioration in cognitive, behavioural, social, and emotional functions.



Neurological disorders are diseases of the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, and muscles.

Alzheimer's is the most common type of dementia and is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills. It eventually effects the ability to carry out the simplest tasks. In most people with the late-onset type of the disease, symptoms first appear in their mid-60s. A person who has dementia may also have aphasia – an impairment of language that affects the production or comprehension of speech and the ability to read or write. This can severely affect their ability to communicate. Being unable to communicate their basic needs and understood by others can become a problem for patients and lead to a feeling of social isolation and a loss of relationships.

Several studies have shown that music therapy can help improve cognitive function in people living with Alzheimer's and other types of dementia. Music also has a positive long-term effect on depression symptoms associated with dementia.

Evidence shows that listening to or singing songs can provide emotional and behavioural benefits for people with Alzheimer's disease and other types of dementia. This is because the areas of the brain linked to musical memory may be relatively undamaged by dementia, meaning that musical memory can be preserved. Listening to music has a positive effect on cognitive function, as it requires many areas of the brain to be activated to integrate and respond to perceptions of sounds, rhythms, and lyrics.

Music therapy can improve the overall physical and mental wellbeing of dementia patients including:

- Memory recall
- Positive changes in moods and emotional states
- Providing an alternative method to medicines for managing pain and discomfort
- Providing a structure that promotes rhythmic or continuous movement or vocal fluency in physical rehabilitation
- Providing opportunities for social interaction and communication

Music Therapy

For people with Dementia, music therapy can help reduce agitation, stress, anxiety and depression. People with Dementia may become agitated – restless or worried. Agitation may cause pacing (walking around), sleeplessness or aggression (where the person lashes out verbally or physically).

Studies have shown that structured music therapy sessions and listening to recorded music can have a calming effect on people with Dementia and help decrease agitation levels at meal times and bath times, and reduce wandering and sleep disturbances.

The use of music improvisation during a music therapy session can also be a helpful way to communicate through musical play, for example:

- Mirroring - when the client does exactly what the music therapist is doing musically, expressively and through body language
- Matching - when the client matches the style and quality of what the music therapist is doing

For people with parents or loved ones who have Dementia, it can be very difficult to communicate with each other. Music therapy can also benefit caregivers, giving them a way to connect with loved ones who have Dementia and have difficulty communicating.

Source: Australian Music Therapy Association

<https://www.austmta.org.au/content/music-therapy-and-dementia>

Gracies Musicians



Gracies Artist

One of our clients, Allan, enjoys painting so much that he brings his brushes with him to the Centre.

Allan proudly showed the staff and clients this beautiful painting which he dedicated to his late wife because she loved gardening.

Allan has always enjoyed gardening and enjoys chatting about how to keep a manicured lawn. These days Allan pays to have his lawn done under his watchful eye, passing on his knowledge to the younger generation.

Allan's wife's favourite shrub was the hibiscus. Flowers may be up to 15 centimetres diameter, with beautiful colours ranging from yellow to peach to red.



Photo Booth @ Gracies



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