

# Masquerade Ball



Gracie Dixon Centre  
Community Care News  
August-September 2021

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

# A message from the Coordinator

## Mark your Diaries

Hello Everyone,

With the cold weather getting ready to leave us, it is the perfect time to think about the types of spring activities you may enjoy. Please let staff know if there is something you wish to participate in such as activities in the park, sitting in the sunshine having fish and chips for lunch, scenic drives. Julia writes the program so have a chat to her and make some suggestions, she will welcome your ideas.

### Wedding Bells

We are on the count down to Di Mackenzie's wedding, August is upon us and she gets to walk down that aisle on the 28th August 2021 to become Mrs Rob Fenton. Stay tuned for some beautiful wedding photos that the girls will bring in to show you all after the special day. Please join me in wishing both Di and Rob our very best wishes as we wish them every happiness. Be happy always Di in your future life with Rob. If Covid is kind to them they are off to Tasmania for a very long and happy honeymoon. We will have a temporary admin replacement whilst Di is holidaying, please make Bianca feel welcome as she joins our team for six weeks. Bianca is very experienced in the administration role and I am sure you will enjoy chatting to her on arrival each morning.



### Granddaughters!

My granddaughter of six years face timed me during the week to tell me that Peanut her guinea pig was sleeping. Whilst thinking that was good what she was telling me was that Peanut was no longer with us. She went on to say that she felt very sad and was going to plant a tree on top of Peanut so that when it flowered she would know that he was smiling at her. Now she is faced with the dilemma of Butterscotch (the second guinea pig) feeling very lonely so has introduced Butterscotch to her dolls and given him a cot to play in with a blue bow on his head and a pink blanket to keep him warm. Apparently there is a website called misspiggyslair.com and you can go along and adopt a new pig to take home. She has sent me the photos of the pigs up for adoption so I am eagerly awaiting to see who she will choose. Apparently Pumpkin is cute and Sandy and Squeak are very good friends. Sounds to me like there will be an extension to the hutch before long.

### Medication Update

A reminder to everyone that when you next visit your GP could you please ask them for a current print out of your medical diagnosis and a list of your current medications. It would also be appreciated if you could advise staff if you have had your two covid-19 injections. We will be able to update our records which a copy can be given to the ambulance in the event of an emergency.



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



Australian Government



# A message from the Coordinator

## Email Address

Anyone who would prefer to receive their monthly account from Council by email this option is now available.

Could you please forward your email address to : [gracied@bundaberg.qld.gov.au](mailto:gracied@bundaberg.qld.gov.au) and a note saying that you give consent to receive your account by email. We can then make arrangements with the accounts department to update your details.

## Bargara Respite

Bargara Day Respite would like to welcome its new members to the centre. I believe they are having a wonderful time with a very interactive group of clients. Julia reports that everyone is very social and will participate in both indoor and outdoor activities. If you would like extra respite days please don't hesitate to give me a call and we can roster you to attend Gracie clients on a day that suits.

## Health & Safety

All staff from Community Care were given the opportunity to spend a day with the Defensive Driving School in Bundaberg where we revised our road rules, learned to drive through and reverse in and out of the witches hats. Arrr on that note guess who hit a witches hat? Yep it was me, I thought I had him lined up in my mirror but it was the one further back and over went the poor old hat.

However, I did do a great parallel park so can't be perfect at everything. Congratulations to both Jodi and Jennarah for getting 100% on the road rules, great effort girls. So the reason for this training was not only for staff to update their skills but we will be very soon taking possession of not one but two new **Mercedes buses** to transport you all on outings and scenic drives. Just in time for Spring, we are all very excited and will probably have to roster lots of drives as staff will all want their turn to drive these incredible vehicles.

## Covid-19 Injections

All staff have either had their two injections or at least their first and is awaiting their second injection to help keep everyone safe. Any clients or volunteers that have had their injection could you please advise admin so we can record it.



Australian Government

COVID-19 digital certificate



This individual has received all required COVID-19 vaccines.

All entries into the centre each day are recorded on the Qld App so that if there are any issues in our area we will be notified immediately by the Department of Health.

Anyone not feeling well I ask that you please give us a call and stay home until you are well enough to attend the centre. This stops the spread of coughs, colds and flu like symptoms.

# 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 hot meal and dessert from the beginning of November 2021.

That's all the new I have for this edition, remember to..

**"Always Believe in Yourself  
Anything is Possible"**

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.

# Grandma Poems to Share

## The Computer Swallowed Grandma

The computer swallowed Grandma!  
Yes, honestly it's true  
She pressed "Control and Enter"  
And disappeared from view.

It devoured her completely  
The thought just makes me squirm  
She must have caught a "virus"  
Or eaten by a worm.

I've searched through the "recycle bin"  
And files of every kind  
I've even used the "Internet"  
But nothing did I find.



In desperation I asked "Jeeves"  
My searches to refine  
The reply from him was negative  
Not a thing was found "on line"

So if inside your "in box"  
My Grandma you should see  
Please "copy", "scan" and "paste" her  
And send her back to me.

<https://www.goldenCarers.com>

# Slow Cooker Recipe to Share

## Beef Bourguignon

### Ingredients -

1 tbs olive oil  
1 brown onion, coarsely chopped  
2 garlic cloves, finely chopped  
1 carrot, thickly sliced  
1 celery stick, thickly sliced  
125g Short cut bacon, fat trimmed,  
chopped  
400g beef chuck steak, fat trimmed,

1 tbs tomato paste  
1 tbs plain flour  
125ml red wine  
125ml apple & blackcurrent juice  
125ml beef stock  
200g mushrooms, thickly sliced  
8 baby chat potatoes  
1/4 cup coarsely chopped fresh  
flat-leaf parsley

### Method -

1 Heat half the oil in a large non-stick frying pan over medium heat. Cook onion, garlic, carrot and celery, stirring, for 3 minutes or until softened. Transfer to a 4.5 litre slow cooker.

2 Cook bacon in same pan, stirring, for 3-4 minutes or until golden. Add to slow cooker. Heat remaining oil in same pan over medium-high heat. Cook beef, stirring occasionally, for 3-4 minutes or until browned. Add tomato paste and flour and stir to coat. Add wine and bring to the boil. Reduce heat and simmer for 1 minute or until slightly reduced. Add to slow cooker with juice, stock, mushroom and potatoes. Cook, covered, on low for 8 hours (or high for 4 hours).  
Serve sprinkled with parsley.

Serves 4



[Weightwatchers Real Food Slow Cookbook](#)

# Fall-Proof Your Home

## The Bathroom

- Grab Bars - Install grab bars inside and outside the bathtub and shower, and near toilets.
- Lighting - Use night lights.
- Wet Surfaces - Put non-skid strips or carpet on all surfaces that may get wet.



## The Bedroom

- Lighting - Again use night lights with a switch close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your phone near the bed.

## Hallways & Stairs

- Handrails - Make sure they are both sides of the stairs. Ensure they are secured properly and not wobbly. Always use both handrails when you are on the stairs unless you are carrying something. Then try to at least hold onto one handrail. Make sure what you are carrying doesn't block your view of the stairs.
- Lighting - Good lighting is important. Install light switches at the bottom and the top of the steps and at each end of a long hallway.
- Tidy Up - Having areas you walk kept tidy will help to prevent falls. Do not leave items in places you could trip on them later.
- Carpet - If carpets are fixed firmly they will not slip. Check that there are no areas where the carpet is loose or fraying. Use non-slip strips for wooden and tile floors which you can purchase from your local hardware.
- Mats and Rugs - Don't use mats or rugs in small areas.

## Other Living Areas

- Electric cords & wires - Secure electric cords and telephone wires against walls and away from walking paths.
- Carpet - Secure all carpets and large area rugs firmly to the floor.
- Furniture - Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Lounge & Chairs - Make sure your lounge and chairs are the right height for you to get in and out of them easily.
- Pets - Know where your pets are when you are standing and don't let them trip you.

An amazing 60% of falls happen at home! It's the place where a lot of time is spent and people move around without thinking about safety. There are a few simple changes you can make to your home to ensure your safety.

Senior's Digest Winter Edition



# Group Games





# Crazy Dress Up





# Back to School



# Other Activities





# Show Day

STEP RIGHT UP  
**PHOTO BOOTH**

