

Fun at Gracie Dixon



Gracie Dixon Centre
Community Care News
October—November 2021

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gracied@bundaberg.qld.gov.au

A message from the Coordinator

Mark your Diaries

Hello Everyone,

Spring has arrived! The cold weather is now behind us and the days are becoming warmer. Flowers are blooming, days are getting longer and it is the perfect opportunity to get out in the sunshine and enjoy a BBQ or go for a drive out to the strawberry farm which we have been lucky enough to do.

Welcome back Mrs Fenton

A big welcome back to Di Fenton (Mackenzie) who has returned from honeymooning in Tasmania with her husband, Rob.



Open day

On 1st October 2021, the Gracie Dixon Centre hosted an Open Day for everyone aged 65 years and over. Rod Bryant and Brian Bedford were here for entertainment and morning tea was provided. The day was designed to welcome new clients to our Centre and we have been successful in gaining the interest of three possible new clients, in fact one of the visitors is scheduled to commence in November.

Gracie Dixon's Christmas Party

Due to the success last year, we have decided to once again have one big party at the Multiplex Centre to celebrate Christmas on Friday 17 December. Our theme this year will be **'Under the Sea'** and we have already been busy in the Centre creating artworks to display. Invitations will be sent out closer to the date.



Branch Manager Community Services:	Kirstin Harrison
Gracie Dixon Centre Coordinator:	Lyn Frost
Gracie Dixon Centre Administration:	Dianne Fenton
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

Friendly Reminder

If you are unable to attend the Centre, please call ahead to advise of your absence. This would be appreciated as we pre-order meals from Tom Quinn Centre which are cooked fresh and delivered daily, so advanced notice helps with our catering. If you need to swap days due to an appointment or family visiting, please let our staff know by calling the Centre on 4130 4120. Adding an extra day can also be arranged.

Easing of Covid Restrictions

We have been fortunate to have some of the restrictions in place lifted to now allow the whole group to sit in the dining area together. The chatter in the dining room is so good to hear now that everyone is sitting beside each other. Check out the bus now that we can fill all of the seats when going on an outing. Its so nice to fill the bus and go for scenic drives with lots of laughter.



Health & Safety

With the warmer weather upon us it is important to increase our water intake. Try to increase your intake of healthy fluids gradually throughout the day. You can increase your water intake not only by drinking more but by eating plenty of foods with high water content. All fruit and vegetables fit this description, but for maximum effect, try to eat more things like cucumber, tomatoes, strawberries or grapefruit. Feeling hot, being thirsty, headaches, dry skin, and tiredness are all signs of being dehydrated. If you're experiencing these then it's likely you're not drinking enough. Give yourself a boost with a few glasses of water and try and keep drinking regularly.

Strawberries

We are very lucky here in Bundaberg to be surrounded by beautiful farms and fresh produce. Fresh fruit is an affordable, quick and healthy snack. Our Strawberry season is due to finish soon and we have been lucky enough to visit SSS Strawberries multiple times recently and enjoy the many treats they have available at their shop. Many of us recently enjoyed fresh jam on our scones for morning tea made here in our kitchen using these local strawberries. Try making a smoothie with left over strawberries and bananas for a quick easy snack.

As we get closer to Summer we will start to see watermelons, lychees and mangoes available around our area. Fruits and vegetables are a great source of vitamins and minerals that can help to keep you healthy. They can also help protect against some diseases. Fruit and vegetables should be an important part of your daily diet.



A message from the Coordinator

Domestic Assistance

During a Domestic visit Jennarah and one of our Student's were lucky enough to have a tour of our wonderful clients Orchid House. Arthur takes great pride in his garden and was kind enough to share some pictures with us all. How fabulous are the bright colours, there were pinks, reds, yellows and orange among the few. Spring is a great time to get out into nature.



Volunteering for Gracie Dixon

Bundaberg Regional Council works with volunteers to provide many of its services to our community in an inclusive and friendly way.

Are you someone who wants to give back?

Your life experiences, skills and want to contribute to others, will make you the ideal volunteer. Volunteers can help with a wide variety of activities.

We are currently looking for volunteers to undertake kitchen assistant duties. You will be required to assist with the preparation of morning tea, lunches and the general cleaning and maintenance of our dining area.

In return, you will receive training, where references will be provided upon requests. Other benefits include the opportunity to give back and engage with the community where you will have the privilege of being recognised for your hard work.

You will need to obtain an Australian Federal Police clearance prior to commencing at the centre in a volunteer role.

If you are interested in becoming a volunteer, we would love to hear from you, so please:

Send an email to gracied@bundaberg.qld.gov.au or phone 07 4130 4120.

Stay safe

Lyn

Talk Like a Pirate Day

It was a day filled with fun and laughter!

We were all given pirate names for the day, sang 'sea shanties' and other songs of the sea, looked for treasure and enjoyed pirate themed activities.

Funny Pirate Jokes

Q: Why can't you play cards on a pirate ship?

A: *The captain keeps standing on the deck.*

Q: How do you make a tall pirate short?

A: *You take all his money.*

Q: What does the ocean say when it sees the shore?

A: *Nothing, it just waves.*

Q: What does a pirate's parrot eat?

A: *Pollyfiller*

Q: Which pirate wears the biggest hat?

A: *The one with the biggest head*



The Exterminator Jones & Swashbuckler Jones

Pirate Trivia and Interesting Facts

- Pirates believed that wearing 'pierced' earrings would improve their eyesight
- Pirates believed that having women on board their ship was bad luck
- They also believed that whistling on a ship would cause the weather to turn stormy; as in the phrase 'to whistle up a storm'



Scoundrel Drake

Blackbeard Smith



Flaming Hair Morgan

Scoundrel Bonny



Dementia

Types of Dementia

Dementia is a term that describes the symptoms of a large group of degenerative diseases of the brain. There are over 70 different types of dementia, however the most common forms of dementia are Alzheimer's disease and vascular dementia.

Alzheimer's Disease

Is the most common form and the most widely known dementia. It accounts for between 50-70% of all diagnosis. Alzheimer's disease occurs when the nerve cells deteriorate in the brain due to a build-up of 'plaques' and 'tangles' which, results in the death of a large number of brain cells over a period of time.

Vascular Dementia

Is the second most common form of dementia accounting for up to 20% of all dementia diagnosis. Vascular dementia is the broad term for dementia associated with problems arising from lack of circulation of blood and oxygen to the brain. Risk factors associated with vascular dementia include high blood pressure and thickening of the arteries. Vascular dementia may appear similar to Alzheimer's disease, and it is possible to have both Alzheimer's disease and vascular dementia.

There are many other different less common forms of dementia such as, dementia with Lewy bodies, alcohol-related dementia (Korsakoff's syndrome), and frontotemporal dementia (often called 'frontal-lobe dementia'). A thorough medical examination can assist in identifying the specific dementia diagnosis. Knowing the diagnosis can help family members better understand and cope with their situation.

Important Information

Beware, My Aged Care Scam!

Unfortunately, there have been reports of people receiving scam calls supposedly from My Aged Care. These callers sound very genuine and have knowledge of some personal details, they ask questions of medical history and try to sell a herbal product asking for payment over the phone. My Aged Care will never phone to sell you any products, they are a call Centre that arrange referrals for you to relevant service providers.

If you receive a call, don't reveal personal details. Never give out personal or financial information (such as your bank account details or your PIN) over the phone, even if the caller claims to be from your bank or Government Organisation. Hang up. Phone the organisation to confirm if it was a genuine call. When calling back, only use the listed organisation numbers and not the number provided by the caller. Don't be rushed.

My Aged Care isn't the only organisation being targeted by scams it is important to be alert and aware of any calls you receive. To learn more the Government has set up a website <https://www.scamwatch.gov.au/>

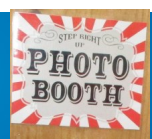
Fun at Gracie



Milbi Festival Art



BBQ Lunch



Wear a Hat Day



SSS Strawberries

STEP RIGHT UP
PHOTO
BOOTH

