

# Nothing but "Smiles" at Gracies



## Gracie Dixon Centre Community Care News July-August 2022

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

# A message from the Coordinator

## Welcome to the mid year newsletter

Hello Everyone,

We are officially half way through 2022, the public holidays are now behind us and we are working our way to Christmas.

The cold days are sneaking in so be sure to keep warm. We do have heating at the Centre but please stay warm to avoid any sickness during the cold months ahead.

### Raffles

We have decided to start recycling our bottles and cans at the centre to raise some funds for staff to purchase some new activities for everyone to enjoy. The program is being redeveloped by all care workers over the next few months and with new ideas brings a new wish list to be able to present the activities. Anyone who throws away their unwanted bottles and cans we are more than happy to take them off your hands and we will take them to the recycling hub for some cash to spend on new items.

We will also use some of this money to run some small raffles at the centre so anyone that has ideas on what they would like to win please come in and let me know. I am only too happy to discuss your ideas.

### Mark your Diary

### Dementia Café

Our Dementia Café is up and running on the 1st Tuesday of each month. The Café will run from April until the 4 October 2022. We have a new venue for our café this year. We will be meeting at the Recreational Precinct (show grounds opposite the airport). There is a brand new function room in the main pavilion that we will be using. Drive down Kendalls Road and enter via the gates just past the SES building. Drive up to the Main Pavilion and park on the grassed area. Entry is \$5.00 with tea/coffee and biscuits being served. Our guest speaker for August will be Janine from Wellways. Our June café saw 54 people attend and everyone said how great the guest speakers were. These same speakers will return to do our final café for the year in October 2022. The café is open to all members of our community who would like to come along and learn about dementia and how we can as a community break down the stigma learning how we as a community can live well with dementia having the support of our community.



### Quotes about Food from Diversicare.

“The best memories are made around the meal table”

“Good food is the foundation of genuine happiness”

“The thing I absolutely love about food is it’s a common thread that connects us no matter what culture we come from”

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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



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.

## Health & Safety

- Good fitting foot wear is very important in the winter months to prevent slips and trips.
- Remember to chat to your GP or Pharmacist about the medications you take particularly if you add vitamins to your daily intake
- During the winter months remember to still drink plenty of water.
- Small amounts of daily sunshine is important to your well-being.

Let's talk Safety

## Survey Results

Thank you to all who have responded to the annual survey, this helps me to identify the gaps in our service and what needs to be addressed.

The biggest confusion identified on the survey was the question:

### Rights and Information

- ◆ **Do you know where else you can go to raise any concerns about the services you receive?**

**Answer:** If you are not comfortable to come in and speak to the Coordinator Lyn Frost or phone Lyn on 4130 4120 you can contact the Branch Manager of Community Services Kirstin Harrison phone 1300 883 699 or if you wish to make a complaint you can contact the Aged Care Quality and Safety Commission by phoning **1800 951 822**.

A flyer will be attached to this newsletter for anyone who is requiring this information.

On commencement at the centre all clients are given a folder containing this information.

The centre also has a display box and forms for compliments and complaints. This can be used at any time and can be kept anonymous if you do not wish to use your name.

## Food Services

- ◆ **The three questions asked were as follows: Does the menu consist of a healthy balanced diet. Are the meals served well presented with sufficient quantity and at the right temperature and are your personal choices and preferences respected?**

**Answer:** Our meals are cooked fresh each day at the Tom Quinn Centre and delivered in a hot box. Meal temperatures are taken on arrival and again prior to dishing up and are always served at the regulated temperature.

**"Always Believe In Yourself  
Anything Is Possible"**

## Survey Results Continued

The meal temperatures are recorded and samples are taken which are kept in the freezer for two weeks. The menu rotates over a 4 week roster and if you **do not** wish to have a hot meal please advise staff prior to attending and they will arrange for a choice of either cold meat and salad, sandwiches or toasted sandwiches to be served. Please see a small list of meals served at the centre:

- Grilled fish & veg with sweet potato & bacon soup
- Curry sausages with minestrone soup
- Grilled chicken kiev and veges with roast and vege soup
- Savoury mince and rice with pumpkin and honey soup
- Beef & vege hot pot with carrot & lentil soup
- Curried chicken & rice with cauliflower soup
- an assortment of roast meals, lasagne, shepherds pie, grilled pork loin with mash and veges.

All meals dished up are quite large being a good portion of meat with four vegetables and a bowl of soup. Tea and coffee is also served after the main meal. Part of the contract we have with Tom Quinn Centre is that the meals are of nutritious value for the well being of our clients. Dietary requirements are followed on a daily basis.

## Centre Environment

### ◆ **Would you like to see the Day Program offered on more days**

There was a suggestion that the Bargara Day Respite be run on another day as well as Thursdays. Due to this being a small group at this stage the one day per week will continue however clients are more than welcome to come into Gracie Dixon any day of the week. There were some suggestions of more outings which I am more than happy to address during the cooler months as it is lovely to sit in the sunshine and have a cuppa.

Thank you for taking the time to complete these forms as you can see some great ideas come from these surveys. Care plans are also being revised at the present time and discussions are being held about the services you receive and services you may require. I am always happy to assist you with a referral to My Aged Care for any services that will help you to maintain your independence and remain in your own home. Please call me on 4130 4120 if I can help.

A reminder that the new Client Fee Schedule July 2022–2023 commenced on 1 July 2022. You will all have received the fee schedule in the mail during June.

That was lengthy from me this month, please keep your ideas coming as we love to hear how you want your centre run.

Until next newsletter, stay safe.

*Lyn*

# Dementia Café held April to October 2022

## Gracie Dementia Café

**When:** 2 August 2022

**Where:** Bundaberg Recreational Precinct  
Main Pavilion Function Room  
Kendalls Road, Avoca (enter via gate)

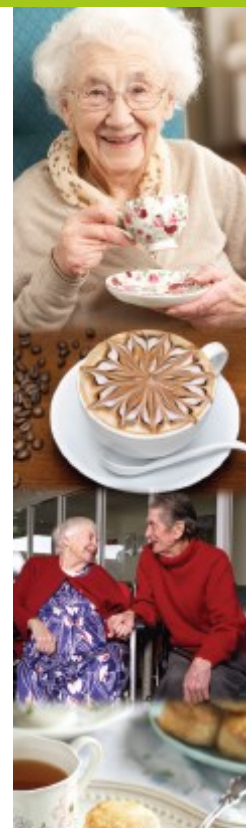
**Time:** 9.30am - 11.30am

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

Our Guest Speaker for August will be Janine Mewburn from Wellways Carer Gateway and the topic is **“Registering Carers for Emergency Respite”**



All members of the community are welcome to attend this session



## 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](mailto:gracied@bundaberg.qld.gov.au) or phone 4130 4120.

## Volunteer at Gracie Dixon

The Centre provides an enjoyable social program for its members who are aged 65 years or over (or 50 years and over for Aboriginal and Torres Strait Islander people). The program which includes music, concerts, quizzes, cards, exercises, outings for drives and BBQ's is designed to maintain, develop and support the capacity for independent living and social interaction.

We're looking for passionate people who want to give back to the community to volunteer.

### Volunteer tasks:

- Prepare morning teas and lunches (no cooking)
- Serve food to clients
- Clear tables and wash dishes
- Assist care workers with activities
- Care for our clients

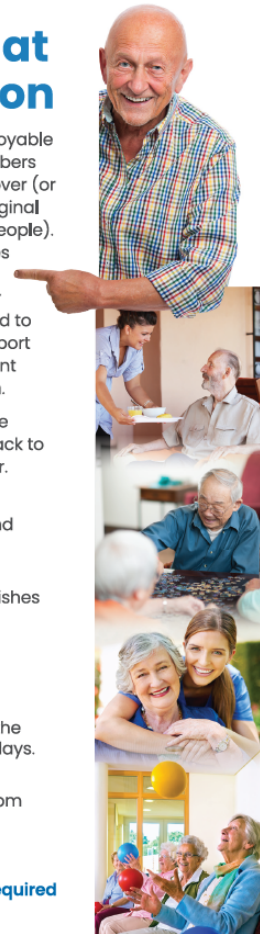
### Volunteer availability:

Volunteers are needed for the below hours, on any week days.

**Bundaberg Centre**  
Monday to Friday, 9am – 3pm

**Bargara Day Respite**  
Thursday, 9.30am – 1.30pm

**A current Police Check is required prior to commencement.**



### For more information:

Contact the Centre Coordinator on 4130 4120.

# Do you have a concern?



Australian Government  
Aged Care Quality and Safety Commission

Engage  
Empower  
Safeguard



## Do you have a concern?

### You can do something about it.

If you have a concern or feedback about the aged care you or someone else is receiving, you can talk to us.

**1800 951 822**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

We encourage you to raise concerns with your service provider first. **Your local contact within this service is:**

Lyn Frost - Coordinator Gracie Dixon Centre  
Phone: 4130 4120

Kirstin Harrison - Branch Manager Community Services  
Phone: 4130 4629

If you can't resolve your concern with your service provider, you can contact the **Aged Care Quality and Safety Commission**

- Anyone can lodge a concern
- It is free
- You can be anonymous or confidential
- You can also give us feedback about the care you or someone else is receiving to help us when we check a service against quality standards
- Call us on **1800 951 822** or visit [agedcarequality.gov.au](http://agedcarequality.gov.au) for more information



**Phone**  
1800 951 822



**Web**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)



**Write**  
Aged Care Quality and Safety Commission  
GPO Box 9819, In Your Capital City

# Pet Therapy

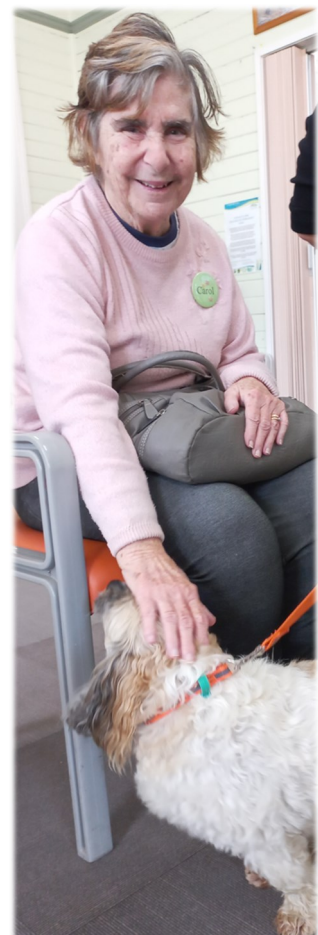


Having a pet can be one of the greatest joys in life. They bring happiness, fun and a sense of family to people. Pets not only offer companionship and unconditional love, in fact, emerging research suggests they may have the ability to boost health and general well-being, especially in the elderly.

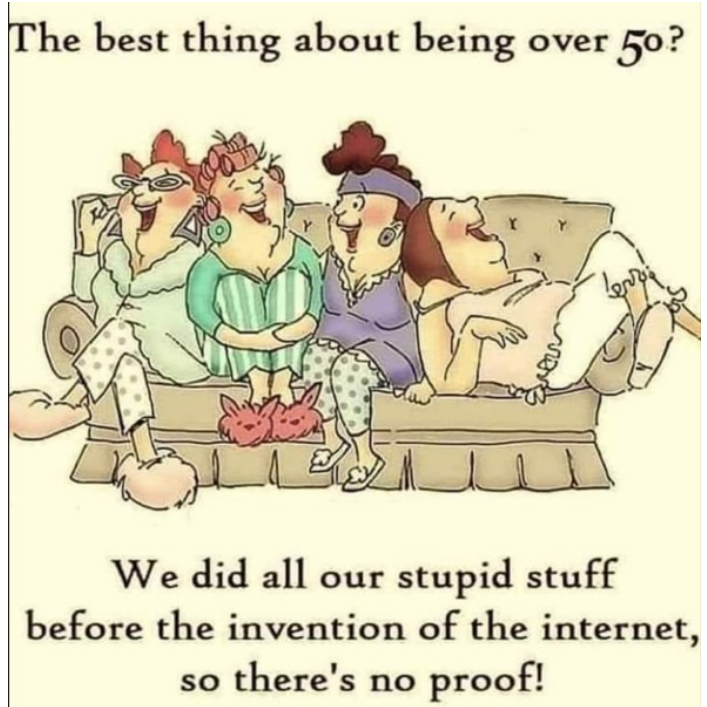
## Benefits of pet therapy:

- Older people feel more energised, enthusiastic and inspired after spending time with a pet.
- People with dementia seem to have positive reactions to pet therapy sessions.
- Delays the process of ageing through the increase of physical exercise, socialisation and improvement in mental function.
- Engaging with pets increases quality of life, including through reducing tension, fatigue and confusion, while also encouraging positive emotions and attitudes.
- Spending time with pets is correlated to fewer visits to the doctor and reduced medication intake, as well as lower cholesterol and blood pressure.
- Elderly people who take part in pet therapy also recover quicker from illness and surgery, deal with stressful situations better, and have a reduced risk of heart disease.

Source: [agedcareguide.com.au/information/pet-therapy](https://agedcareguide.com.au/information/pet-therapy)



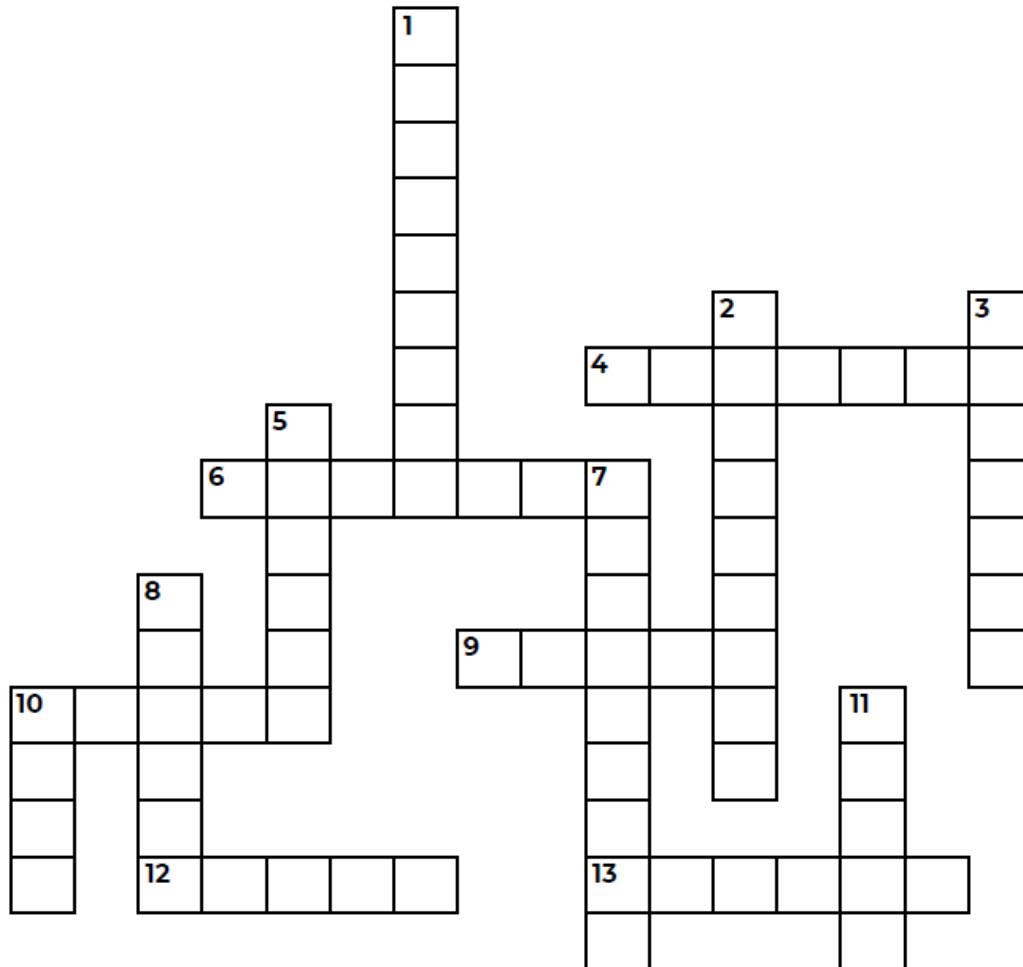
Gracie Dixon Centre clients were fortunate enough to have a visit from these gorgeous furry friends. Our clients thoroughly enjoyed interacting, patting and also reminiscing about their time with pets in years gone by. Pet therapy sessions will be included in our monthly activity program.





## Crossword

### WINTER WONDERLAND CROSSWORD



#### Across

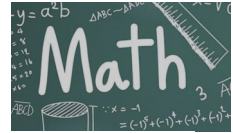
4. Tuxedo with feathers
6. A place of exile for Russians
9. Eskimo's house
10. Winter footwear
12. A neck warmer
13. A game played on ice

#### Down

1. A single piece of snow
2. A type of winter storm
3. A person made of snow
5. If you are lucky you may see these in the Northern Sky
7. A large mass of snow that slides down a mountain
8. Keeps your hands warm in winter
10. The word 'mountain' in German
11. Where bears hibernate

Source: [GoldenCarers.com](http://GoldenCarers.com)

## Mind-Bending Maths Riddles



### Questions

1. If two's a company and three's a crowd, what are four and five?
2. What weighs more: a kilo of feathers or a kilo of copper?
3. Two fathers and two sons go fishing. Each catches one fish. How come they arrive home with 3 fish?
4. Mr. Bates has two children. If the older child is a boy what are the odds that the other child is also a boy?
5. Which month has 28 days?
6. Can you guess the four days of the week starting with the letter 'T'?
7. How many '9's are between 1 and 100?
8. A rooster laid 15 eggs and the farmer took 6. How many eggs were left?
9. How can you make seven even?
10. A 40-meter road has a tree every 10 meters on both sides. How many trees are there?
11. How is the moon like a US dollar?
12. When do giraffes have 8 feet?
13. If you take 3 apples from 5 apples, how many do you have?
14. How do you write 240 in Roman Numerals?
15. What do you call an angle that is adorable?
16. How many times can you subtract 5 from 20?
17. How many zeroes are in one billion?
18. What is the highest number in a standard Bingo game?
19. How many squares is a chessboard?
20. Which bird does not fit in this group? Finch, Gull, Eagle, Ostrich, Sparrow?

Source: [GoldenCarers.com](https://www.goldencarers.com)



## Aromatherapy for the Elderly

Aromatherapy is the use of aromatic plant extracts and essential oils for healing purposes. It has been used for thousands of years.

The use of essential oils is a wonderful way to provide comfort and enhance the general health of the elderly in long term care. Although there is currently no conclusive evidence regarding the benefits of Aromatherapy, many studies have reported positive results.

Although essential oils have been used for many generations, utmost care should be taken when introducing them to the elderly. They may suffer from allergies, chronic pain and poor skin integrity which will prevent the treatment. Consult clinical staff beforehand to gain approval and ensure that it is a safe and appropriate activity for the individual involved.

In an ideal world, long-term residential care homes and nursing homes would employ Massage Therapists and Aromatherapists - but that is usually not the case. In my experience Activity staff usually provide this service. Nevertheless if you have relevant allied health professionals at your facility, please seek their assistance and instructions.

It is important to consult with clinical staff regarding skin integrity, allergies, and other possible contraindications beforehand.

## Benefits of Massage for the Elderly

Research has indicated that 'touch' can strengthen the immune system. Clients in long-term care often lack physical contact. Relatives are busy and grandchildren rarely visit; embraces, kisses, and cuddles are in short supply.

When activity staff touch the hands of clients, this human contact and warmth generates a sense of security and calm.

## Choosing Suitable Essential Oils

Not all essential oils are suitable for the elderly. An Aromatherapist can blend safe mixtures for staff to use. Failing that, consult with clinical staff. Safe essential oils for the elderly include; Rosemary, Eucalyptus, Geranium, Chamomile, Cypress, Ylang-ylang, Juniper, and Lemon.

## Blend or Carrier Oils

A carrier oil is the base oil used in aromatherapy massage mixtures. It may be almond or grapeseed oil. Essential oils are added to the carrier oil by drops according to the recipe.

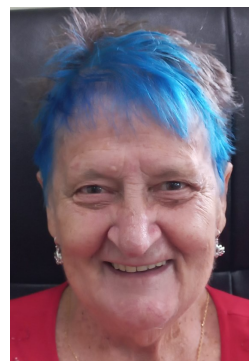
Source: [GoldenCarers.com](http://GoldenCarers.com)

## Centre Hairdresser

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

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

**Book Now**



## Lets do some cooking

### TRADITIONAL WELSH PANCAKES RECIPE

#### Crempog or Crempogau

Thick pancake stack

Preparation time: 15 minutes

Cooking time: 10 minutes

#### METHOD:

1. Gently warm the buttermilk in a saucepan
2. Stir in the butter and stir over a low
3. Place the flour in a bowl
4. Gradually pour milk and butter into the flour and beat well
5. Leave mixture to stand for at least 30 minutes (a few hours would be even better)
6. Beat eggs in a separate bowl
7. Add sugar, baking soda, salt and vinegar to the eggs and mix
8. Pour the egg mixture into the flour and beat until smooth batter is formed
9. Grease a frying pan until hot, but not smoking
10. Drop the batter, a tablespoon at a time, into the frying pan and cook over a moderate heat until golden brown on both sides
11. Keep the pancakes warm until you've used all the batter

Traditionally you're meant to lather butter on the crempog but you can enjoy it with any type of topping you fancy!

Source: [GoldenCarers.com](https://www.goldencarers.com)

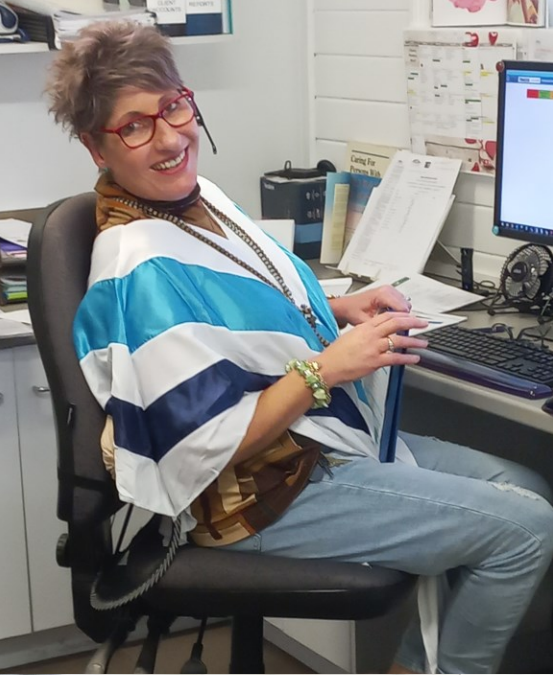
#### INGREDIENTS:

- 500ml (2 cups) buttermilk
- 55g (1/4 cup) butter
- 275g (2 1/2 cups) cups flour
- 75g (1/3 cup) sugar
- 5ml (1 tsp) baking soda
- 2.5 (1/2 tsp) salt
- 15ml (1 tbsp) vinegar
- 2 eggs





# Happy Snaps & Dress ups



# Activities, Games & Outings

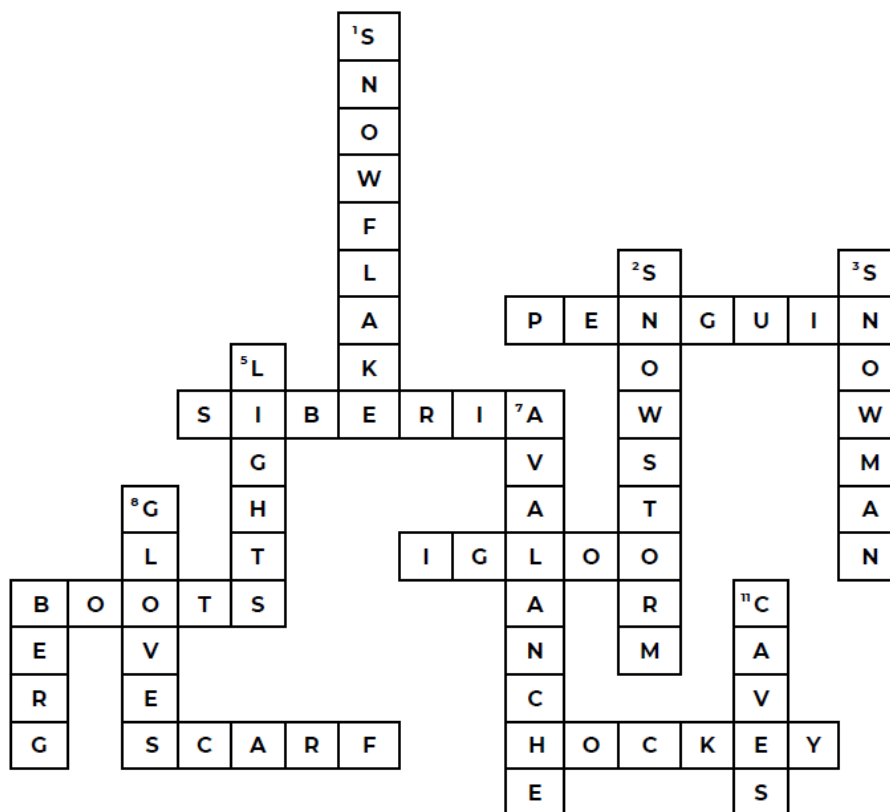


# ANSWERS: Brain Teasers

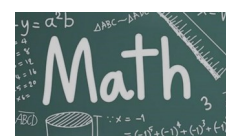
## Crossword



## WINTER WONDERLAND CROSSWORD



## Mind-Bending Maths Riddles



1. Nine	11. They both have 4 quarters
2. They weigh the same – a kilo is a kilo	12. When there are two of them
3. The fishing group is grandfather, his son, and his son	13. Three apples (I didn't say "how many are left!")
4. 50%	14. CCXL
5. All months have 28 days!	15. Acute angle
6. Tuesday, Thursday, today and tomorrow!	16. Only once because after that the number is not 20 anymore
7. Twenty 9's	17. Nine zeroes
8. None, roosters don't lay eggs!	18. Ninety
9. Just take out the 's'	19. 204 squares (there are many different sized squares!)
10. 8: 4 on each side	20. The Ostrich; it is the only bird that does not fly.

Source: [GoldenCarers.com](https://www.goldencarers.com)