

Classic Hot Rods at Gracie Dixon



Gracie Dixon Centre
Community Care News
April-May 2022

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Mark your Diaries

Hello Everyone,

The summer months have vanished and Autumn is upon us already. We certainly cannot complain about the rainfall in the area for 2022.

It is lovely to see everyone returning to the centre now that Covid restrictions have eased. Staff still need to wear their PPE to protect clients however clients do not have to wear a mask at the Centre if they do not wish to. We are still social distancing at meal times and in the program for everyone's protection. If you are a close contact with anyone testing positive for Covid please phone the centre and advise us. Close contacts will need to isolate until further notice.

Public Holidays

It's almost time to say Happy Easter to everyone. Good Friday falls on Friday 15 April 2022 and Easter Monday on 18 April 2022. There will be a continuous raffle for Easter at the centre and we are currently taking donations of Easter Eggs to raffle. Tickets will be \$1 each and we hope to have multiple prizes.

Mark your Diary

There are several public holidays coming up during April/May mostly falling on a Monday so anyone wishing to swop days please call the centre and make arrangements for an alternate day to attend. The centre is closed on all public holidays so mark your diary ahead of time:

Friday 15 April Easter Friday	Closed
Monday 18 April Easter Monday	Closed
Monday 25 April Anzac Day	Closed
Monday 2 May Labour Day	Closed
Thursday 26 May Show Day	Closed



Dementia Café

Our Dementia Café is returning to the community with the first session being delivered on Tuesday 5 April 2022. 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 April's Café is Dementia Australia and the session is called: It Starts With You. 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.

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

- Smoke Alarms in your home—remember to check your alarms and replace the batteries on April 1 each year.
- Test your alarms monthly
- Replace batteries annually
- Clean all detectors
- Put the Fire Departments Emergency Number near your phone
- Have a plan to escape from your home in the event of a fire.

Let's talk Safety

Generous Donation from Rum City Rods and Customs for Gracie Dixon Centre

The Rum City Rods and Customs Club chose Gracie Dixon Centre as the recipient of their annual fundraiser held at Bargara Beach Campout Weekend late last year.

The club fundraises annually and donates to a variety of not-for-profit organisations in the Bundaberg area. Gracie Dixon Centre received an abundance of equipment such as folding tables, fans, a large white board a wheelchair and four wheelie walkers for clients to use. In total the club spent over \$4000 on equipment for clients. Staff and clients wish to thank the Rum City Rods and Customs for their kindness in assisting with centre with some valuable equipment.



**Rod Bowman, Mayor Jack Dempsey, Neil Irvine and Lyn Frost
pictured at Gracie Dixon Centre**

Until next Newsletter please stay safe,

Lyn

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

Dementia Café commencing Tuesday 5 April 2022

Gracie Dementia Café

When: 1st Tuesday of each month

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

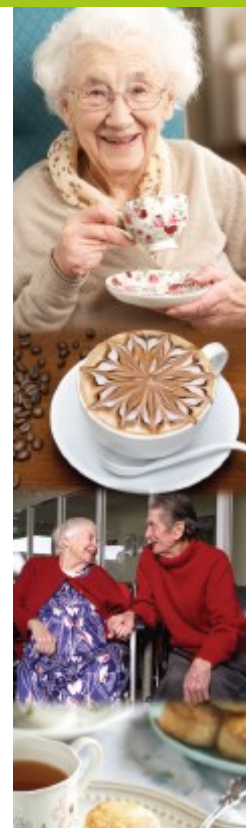
Time: 9.30am - 11.30am

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

Our Guest Speakers for first session is Dementia Australia and the topic is *"It starts with you"*



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 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

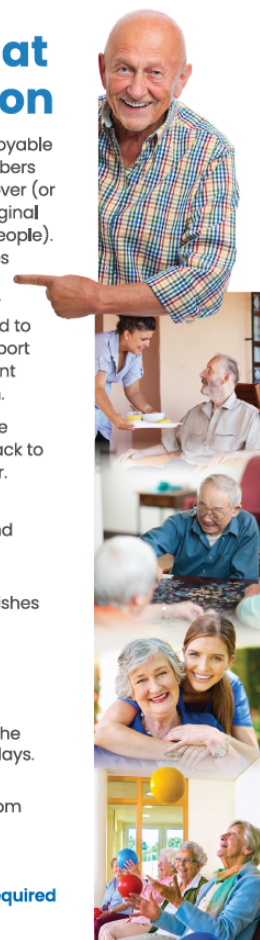
Volunteer availability:

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.

Free Telehealth Trial



Do you live with dementia, or care for someone living with dementia?

Recruiting participants across Australia now for this **free telehealth trial**



“... the opportunity to experience shared meaningful time together”

WHO IS THE STUDY FOR?

This study is for people living with dementia and their family (or informal) caregivers. You can participate in the study if:

- You or your loved one has a diagnosis of dementia OR significant memory problems
- You are or you have a family caregiver
- You live together at home

DURING THE HOMESIDE PROJECT:

- Everything will take place face-to-face (via an online mode)
- You will participate in the study for 6 months
- You will receive training from experienced professionals to use music or reading activities at home
- You both will be asked to fill out questionnaires at 3 time points

HOMESIDE is an international study investigating the effects of **music** and **reading** activities for people living with dementia and their family caregivers.

THE MUSIC AND READING PROGRAMS WILL:

- Be tailored to your individual preferences and needs
- Offer opportunities to share meaningful moments together
- Support you to use reading and music in your daily life
- Offer opportunities to sing together, to listen to music and stories, to dance, to play music, to read, and to communicate with each other

In partnership with



Homeside
Partnership in dementia care

TO FIND OUT MORE ABOUT PARTICIPATING, SIMPLY CONTACT US

homeside-australia@unimelb.edu.au

(03) 9035 3057

www.homesidestudy.eu/australia

Pets in Aged Care

New Tool assesses risks associated with pets in Aged Care

Can pets safely live alongside their owners in aged care?

That's the aim of a new tool designed to assess whether individual pets can safely be accommodated in aged care homes, easing the stress for many older people moving into residential care.

A team of academics, veterinarians, health and consumer representatives has devised a process to assess different risks for both people and pets, focusing on dogs, cats, small mammals, birds and fish.

Project leader, University of South Australia pet researcher Dr Janette Young, says the tool assesses a wide range of risks, including allergies, bites/scratches, falls, transmission of diseases and animal stress.

"We want to support older people to keep their pets at an extremely stressful life stage and also reduce the number of pets who become homeless or need to be euthanised when their owner is no longer able to live independently," Dr Young said.

"But we need to do this in a responsible way, ensuring the safety and health of both animals and people is paramount."

The Companion Animal Multi-Species Risk Management Tool documents three main risks: from humans to animals and vice versa, and risks from animals to animals.



Levels of risks for individual species are rated high to low, assuming pets will be kept in their owners' rooms, or on a leash when outside or in a communal setting.

"Good hygiene is essential, and most risks can be managed in an aged care home if scrupulous cleaning practices are followed," Dr Young said.

"However, there are other considerations, including the likelihood of an animal causing a fall or biting/scratching a resident, and human allergies to different species. "Some people fear animals in general or just don't like them. Others have a history of mistreating animals. We have to consider a whole range of risks in an aged care home."

Veterinarian advice includes assessing the risks of residents inappropriately or overfeeding pets, animals gaining access to residents' medication and even the possibility of animals being injured by other pets on the premises.

Although considered low risk, there is also the possibility of disease and infections spreading from humans to pets and vice versa.

Pets in Aged Care

The tool proposes steps to address all these risks, including:

- 🐱 INDIVIDUAL care plans for pets, noting staff and resident animal allergies or fears, and pet alert signs;
- 🐱 VET checks pre-admission for health and behaviour;
- 🐱 ASSESSING how pets should be kept or moved around the premises;
- 🐱 MAINTENANCE of an infection control program and a pet care plan;
- 🐱 PROCESSES for managing pet medication;
- 🐱 REGULAR cleaning of litter and cages;
- 🐱 MICROCHIPPING or identification tags.

"Dogs and cats will have different risks compared to rabbits, birds and fish so we have developed scenarios for each species," Dr Young said. "The tool is not about guaranteeing that people can bring their loved pets into aged care; this may not be the best option in the end for people or their pets. "However, it enables people to work through this as a realistic option and gives advice and tips on how to make this more likely." Although developed in Australia, the project was funded by the Society for Companion Animal Studies in the UK and is intended to be used worldwide.

Source: The Senior thesenior.com.au/story



Toad v's Beetle Touring Exhibition

Date

1st March 2021 - 30th June 2022; Every week
10:00 - 12:00

Cost

Sun-Fri: Normal ticket entry price to Fairymead House

Location

Fairymead House
Thornhill Street Bundaberg North



Bullyard Hall Markets

Date

27th February 2022 - 27th November 2022; On this day every month
07:00 - 11:00

Cost

Free

Location

Bullyard Hall & Recreation Club
2359 Bucca Road Bullyard

Clash in the cane 1935! Learn the story of the introduction of cane toads to Queensland.

Contact name: Kym-Maree Murphy

Contact phone: 0419 215 721

Contact email: kym-maree.murphy@bundaberg.qld.gov.au

A Child's Guide to Parkinson's Disease

"I'll hold your hand so you won't fall"

Children want to understand why their loved ones behave a certain way.

By encouraging communication between them and your loved one with Parkinson's, you are not only educating them, you are also bringing them closer together.

TREMORS

Most of the time, my Dad's hands shake a lot. I love to play sport with my Dad and it seems like his hands don't shake as much when he plays with

SPEAKING WITH YOUR CHILD:

Do you notice your Dad's hands shaking?
Does he shake a little or a lot?
Do you know why?

FACTS:

Tremors are the most common feature of Parkinson's. Tremors are usually present when the limb is at rest. They may be present in one or more limbs. They may go away or you may not notice them as much during exercise or activity and during sleep. Tremors are not to be confused with dyskinesia, which could be a side-effect of certain medications.

GLOSSARY WORDS:

Tremors: When certain body parts, like the hands, shake back and forth or tremble without control.

Dyskinesia: Involuntary twisting and turning movements of the limbs, mouth, tongue or jaw.

SHUFFLE WALK

Sometimes Nan holds Pop's arm as he takes small steps. She reminds him to pick his feet up off the floor. I told Pop "Be careful, I'll hold your hand so you won't fall."

SPEAKING WITH YOUR CHILD:

Do you know why Pop walks in tiny steps?

Bradykinesia



FACTS:

As the patient's condition gets worse, it may be more difficult for the muscles to work with one another. It is caused by delayed transmission signals from the brain to the muscles. It is important for the caregiver to ensure that balance is maintained to avoid falls.

GLOSSARY WORD:

Bradykinesia: Slowness involuntary movements such as walking, standing up and sitting down.

Source: I'll Hold Your Hand So You Won't Fall (Author of book: Rasheda Ali)

Stories to Share

Bargara client, Molly Courts, was kind enough to share some adventure stories that she and late husband, Basil, endured whilst living in remote areas of Northern Territory.

Molly is pictured here with her published book, *"The Call of the Territory"*. The clients were thrilled to hear some of her favourite stories and commented on how amazing it was for them to recall their endeavours in a book and how special it is to have this history to look back on.

Molly proudly showed the clients her *Order of Australia Medal*, which she was awarded for service to the community.



"The Call of the Territory"

The story of a Policeman and his wife in Outback Australia 1952 - 1967.

In this exciting real life adventure story of Outback Australia, Basil and Molly Courts tell of their life together on remote police stations in Australia's Northern Territory. The couple's resourceful outlook and ready sense of humour make it an enthralling read.

Basil recounts events such as the landmark "Selly Murder" case involving a hunt across the harsh desert south west of Alice Springs. Amusing policing incidents include a car chase and the tale of the man who photographed himself with a stolen camera, as well as dramatic events such as deaths in the bush and a gruelling search on horseback, during the Wet season, for missing stockmen.

Molly's account of treating aborigines for scabies, being involved in a plane crash, the difficulties of returning to the water-logged Wave Hill Police Station after the birth of her baby, and of weddings, race days and Territory characters will keep you turning pages.

Humorous anecdotes, like the time when Basil was away on patrol and Molly climbed into a tree and shot a cow for beef for the aborigines, paint a picture of the contrasts of outback life, set against a backdrop of Northern Territory police and pastoral history of the era.

Basil was commended for his police work and Molly was later awarded the OAM (Order of Australia Medal) for service to the community.



Join us for a
FREE morning tea and
Road show presentations from RACQ, Queensland Police
Service, Mobility Scooters, Bundaberg Motor Group

Information sessions on
Recent changes to Queensland road rules
Medical considerations when driving
Alternative transport options
Caravan and towing tips
Road rules quiz and
Question and Answer session

Places are strictly limited so register
by phoning 4130 4150 by Friday 30th April 2022

Thursday 5th May
9.30am (for 10am start) - 11.00 am
Function Room, Multiplex Sport and Convention Centre,
1 Civic Avenue, Bundaberg



Centre Hairdresser

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



BMG Guest Speaker

BUNDABERG MATURE WOMEN ASSOCIATION

Lyn was fortunate enough to be invited as Guest Speaker at BMW Association General Meeting held at the Bowls Club in Quay Street on 9 February. Lyn gave an informative 45 minute presentation about "Transitioning to My Aged Care". Members were very grateful for the information provided and responses to many questions. A lovely cuppa was shared with the ladies and Marianne then presented Lyn with a Certificate of Appreciation.



Farmer Assistance & Support



In light of recent rainfall and flood events in the area, farming families in need can register with Rural Aid for farming assistance and support for practical and essential services.

Register at:

faa.ruralaid.org.au/farmer-registration

For more information:

Phone: 1300 327 624

Email: contact@ruralaid.org.au

Web: ruralaid.org.au

Providing services to help you remain in your own home



More Hot Rods



Happy Snaps & Dress ups



Activities & Games

