

Day Respite @ Beautiful Bargara



Gracie Dixon Centre
Community Care News
September-October 2022

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Welcome to our Spring Newsletter

Hello Everyone,

Now that we have sunshine its time to get yourself out into the garden and parks for a stroll and listen to the birds singing. Spring is here and its time to change up our activities at the Centre. September starts off with Fathers Day on the 4th so bring along your change and we will have a fantastic Fathers Day raffle for some lucky person to win. The girls have placed lots of scenic drives on the program with some lunches in the courtyard. There is chocolate milkshake day, donut day, wear rainbow colours on the 7th September, RUOK Day on the 8th and bring in your Teddy Day for the 9th September.

Dementia Awareness Week will be celebrated with an invitation to everyone to join us at the library on the 16th September—a **flyer will be attached**. We plan to have a guest speaker and for everyone to take home some sunflower seeds to plant to celebrate our beautiful spring weather during dementia week.

On the 16th September there will be a Mexican Dress Up Day so get out your bright colours and be part of our dress up day. The final dress up is on the 19th September which is talk like a Pirate Day, anyone have a parrot? Arrrrrrr.

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 speakers for October will be **Vince and Lorrae O'Rourke** again. For anyone who did not make it to our May café Vince & Lorrae gave the most informative talk and are returning for the final café for 2022. If you have some free time please come along and have a listen.



I will provide lunch for everyone for the last café in 2022, so if you could please phone the office on 4130 4120 and let me know you will be attending for catering purposes. We will make it an early Christmas theme to end the year.

Feedback Forms

Thank you to everyone who takes the time to complete our Input /feedback /Complaint forms it is a great way for me to gauge the happiness of our clients. If you would like to complete a form there is one attached to our newsletter. The forms are near the front office and can be completed any time you wish to make comment.

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

If you have a concern about something I encourage you to please complete our form. Clients attend the centre so that it can make a difference to their day so please discuss any problems so that we can work together to resolve them.

Health & Safety

Consumer Dignity and Choice—Standard 1



Being treated with dignity and respect is essential to your quality of life. Part of our job is to recognise your strengths and empower you to be as independent as possible. Staff will communicate respectfully and assist you to live life the way you choose.

We aim to deliver care and services that are inclusive and do not discriminate. Care and services are expected to be responsive, inclusive and sensitive to culturally and linguistically diverse clients. We are also inclusive and sensitive to clients who are lesbian, gay, bisexual, transgender and intersex. We are also responsive, inclusive and sensitive to clients who are Aboriginal and Torres Strait Islander. Our clients define their own identity and we respect and will not question. Respecting the identity, culture and diversity of our clients means understanding their needs and preferences. Gracie Dixon staff will provide care and services that reflect a clients social, cultural, language, religious, spiritual, psychological and care needs. To be culturally safe we will communicate with the client to understand cultural needs acknowledging differences, and being actively aware and respectful of these differences in planning and delivering our service.

Masks

Staff are wearing masks at the centre during the day to protect both themselves and clients. Any client who wishes to wear a mask for their safety please do so. Hygiene is very important and everyone is encouraged to use the centres sanitiser or wash their hands regularly. Staff are cleaning toilets throughout the day as well as vehicles after every transport for your safety.

Let's talk Safety

Falls

On a number of occasions clients in their own homes have taken a fall and hit their head. I wish to express the importance of any fall where you hit your head should be taken seriously. Please always phone for an ambulance and have the injury seen to by a doctor. Could I also ask that staff are informed of the fall so that they can monitor whilst at the centre. What to look out for:

- Unconsciousness—either brief or for a longer period of time
- Fits or seizures
- Problems with the senses—hearing loss or double vision
- Repeated vomiting
- Blood or clear fluid coming from ears or nose
- Memory loss (amnesia)

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

Until next newsletter, stay safe.

Lyn



Wednesday 28 September

10am– 11am at Bundaberg Regional Art Gallery
HERE + now 2022

ART WALK

Our monthly Art Walks provide a deeper insight into our exhibitions and the artworks in them.

A 'peek behind the curtain', looking at the artists, the curators and the themes presented in displayed work. Join us afterward for a light morning tea and a chat.



Seeds of Unity

THE GREAT COMMUNITY ART INSTALLATION



20 Aug
– 20 Nov
Imaginarts

The beauty of a *Mandala* is that it is complete and evolving, simultaneously.

In a bid to reach community through creative arts, as a means for improving social connectivity and mental health, Bundaberg Regional Galleries engaged people across greater Bundaberg, through pop up stalls and workshops utilising the abundant supply of Leopard tree pods from our area, to culminate in a large-scale ephemeral installation.

Over 1000 residents and visitors have contributed to a painted pod to be included in the *Seeds of Unity Mandala* installation that will continue to grow during the life of the exhibition.

The inspiration for this project was artist Kathy Miles, who developed a similar *Mandala* for Womenspace in 1998. When we collaborate, we create a ripple effect that shapes connections within our community, and we become a part of something greater than ourselves.

Photo credit: Neami National



Bundaberg Regional Art Gallery
1 Barolin Street, Bundaberg
brgadmin@bundaberg.qld.gov.au
Mon to Fri 9:30am – 5 pm
Sat+ Sun 9 am – 1 pm
07 4130 4750

Seeds of Unity



Painting Pods

Jolene Watson (Bundaberg Regional Galleries) visited the Gracie Dixon Centre to engage with our clients and gave them the opportunity to paint a Leopard tree pod. This was a wonderful activity enjoyed by all and allowed our clients to participate in the Seeds of Unity community project.



Dementia Café held April to October 2022

Gracie Dementia Café

When: 4 October 2022

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

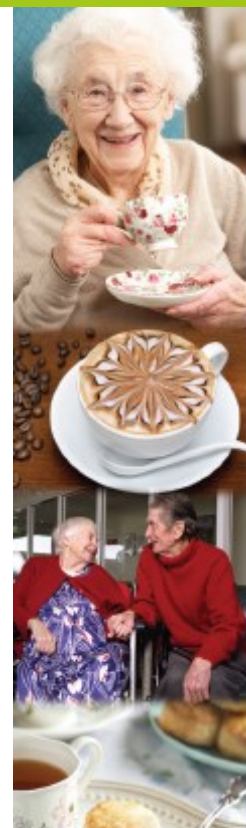
Time: 9.30am - 12.30pm (lunch will be served on last session for 2022)

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

Our Guest Speakers for October will be Vince & Lorrae O'Rourke (Carers Outlook)



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

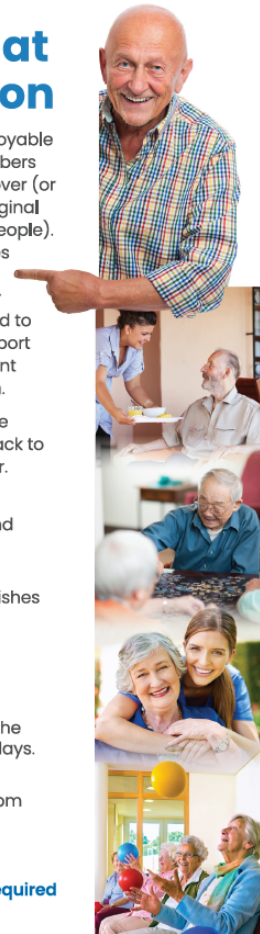
Volunteer availability:

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.

Adapting your Home

The 'Adapting Your Home' booklet will provide you with knowledge on key dementia enabling design principles and characteristics, and how these can be applied to different areas of the home. There are many simple modifications that anybody can make to their home or garden to make a significant difference to a person living with dementia. An enabling environment can encourage independence, quality of life and wellbeing.

Dementia Enabling Environment Principles

The Dementia Enabling Environment Principles are based on the work of Professor Richard Fleming and Kirsty Bennett, University of Wollongong. These principles are evidence based, and have been constructed from reviewing research literature of studies looking at maximising enablement and wellbeing for people living with dementia through physical design.

Source: enablingenvironments.com.au



1. Unobtrusively reduce risks

People living with dementia require an internal and external environment that is safe, secure and easy to move around if they are to maximise their abilities. However, obvious safety features and barriers may lead to frustration, distress and anger and so potential risks need to be reduced unobtrusively.



2. Provide a human scale

The scale of a building will affect the feelings and behaviour of a person living with dementia. The experience of scale is determined by three factors; the number of people the person encounters, the overall size of the building, and the size of the individual component, such as doors, rooms and corridors. A person should not be intimidated by the size of the surroundings or confronted with a multitude of interactions and choices. Rather the scale should help the person feel in control.



3. Allow people to see and be seen

The provision of an easily understood environment will help to minimise confusion. It is particularly important for people living with dementia to be able to recognise where they are, where they have come from and what they will find if they head in a certain direction. When they can see key places, such as a lounge room, dining room, their bedroom, kitchen and an outdoor area they are more able to make choices and find their way to where they want to go. Buildings that provide these opportunities are said to have good visual access. Good visual access opens up opportunities for engagement and gives the person living with dementia the confidence to explore their environment.



4. Reduce unhelpful stimulation

Because dementia may reduce the ability to filter stimulation and attend to only those things that are important, a person living with dementia may become distressed by prolonged exposure to large amounts of stimulation. The environment should be designed to minimise exposure to stimuli that are not helpful. The full range of senses must be considered. Too much visual stimulation is as stressful as too much auditory stimulation.



5. Optimise helpful stimulation

Enabling the person living with dementia to see, hear and smell things that give them cues about where they are and what they can do, can help to minimise their confusion and uncertainty. Consideration needs to be given to providing redundant cueing i.e. providing a number of cues to the same thing, recognising that what is meaningful to one person will not necessarily be meaningful to another. A person may recognise their bedroom, for example, because of a view, the presence of furniture, the colour of the walls, the light fitting and/or the bedspread. Cues need to be carefully designed so they do not add to unhelpful stimulation.



6. Support movement and engagement

Orientation and safe walking can be supported by providing a well defined pathway, free of obstacles and complex decision points. The pathway should guide people past points of interest and opportunities to engage in activities or social interaction. The pathway should be both internal and external, providing an opportunity and reason to go outside when the weather permits.



7. Create a familiar space

A person living with dementia may be more able to use and enjoy spaces and objects that were familiar to them in their early life. The environment should afford them the opportunity to maximise their abilities through the use of familiar building design (internal and external), furniture, fittings and colours. This will involve an understanding of the personal background of the people living in the environment. The person living with dementia should be encouraged to personalise the environment with their familiar objects.



8. Provide opportunities to be alone or with others

People living with dementia have the right to choose to be on their own or spend time with others. This requires the provision of a variety of spaces, some for quiet conversation with one or two others and some for larger groups, as well as spaces where people can be by themselves. These internal and external spaces should have a variety of characters, e.g. a place for reading, talking or looking out the window, to cue the person to what is available and stimulate different emotional responses.

Source: enablingenvironments.com.au



Dear aged care consumer

I am writing to tell you about important changes that will improve the safety and quality of aged care. You do not need to take any action in response to this letter.

The Australian Government is concentrating on addressing key recommendations of the Royal Commission into Aged Care Quality and Safety.

Some changes start on 1 December 2022. Aged care services will have to meet new requirements from that date. The Aged Care Quality and Safety Commission (the Commission) will have more powers to make sure that aged care providers meet their responsibilities.

The changes that start on 1 December include:

- Improving the way aged care services are run through stronger governance requirements. This includes residential aged care services asking consumers whether they would like to have a Consumer Advisory Committee to give people who use the services a say in how they are run.
- A new Code of Conduct that describes how the people in charge of aged care services, and their aged care workers, must treat people receiving care. The Commission will have powers to take action where a provider or staff member breaches the Code.
- A Serious Incident Response Scheme applying to aged care provided in the home or the community. All providers will need to show that they have a systematic approach to minimising the risk of things going wrong and can respond quickly and effectively if something does go wrong that affects a consumer. Home care providers will now also have to report serious incidents to the Commission and take action to make sure they don't happen again. (Residential aged care providers are already required to do this.)

There will be more changes during 2023, including improved Aged Care Quality Standards.

The Commission will work with aged care providers to make sure the changes are made smoothly. Your service provider should keep you updated about what they are doing.

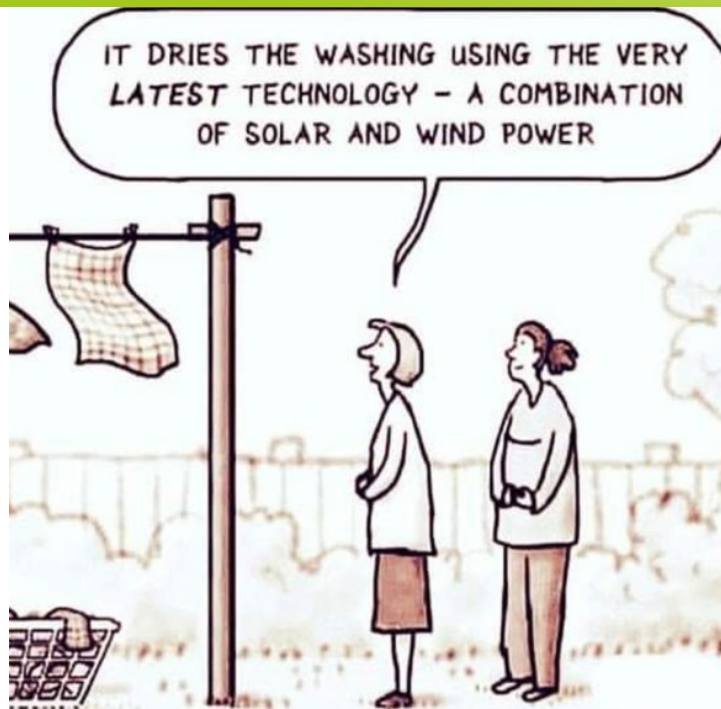
You do not need to do anything in response to this letter. We will provide more detailed information for people who receive care and their families closer to 1 December. If you would like to stay in touch with us, you can visit our website and subscribe to the monthly Aged Care Quality Bulletin.

I hope this letter has boosted your confidence that your aged care provider, and the Commission, are working hard to ensure that you will have the best possible experience of aged care.

Janet Anderson PSM

Commissioner

31 August 2022



Life is all about balance.

You don't always need to be getting stuff done. Sometimes it's perfectly okay, and absolutely necessary, to shut down, kick back, and do nothing.

~Lori Deschene

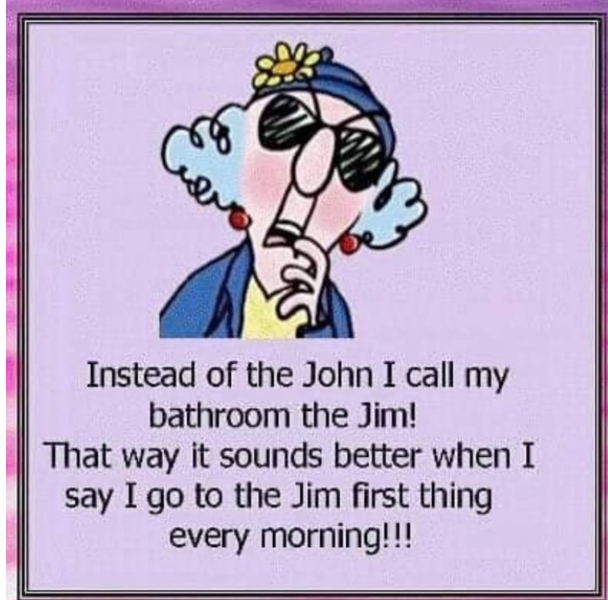


LET'S RUN AWAY... I'M NOT GOING TO END UP IN A HOSPICE AND YOU IN A SHELTER



If you see me smiling, It's because I'm thinking of doing something evil or naughty

If you see me laughing, it's because I've already done it!



Our Talented Entertainers...



More local talent at Bargara Day Respite

One of our new Bargara clients, Coral, has written many poems over the years and wanted to share one of our her favourites from January 1994. Does this need any explanation?

THE ROCK

The rock had been there a while,
'Twasn't part of any pile,
Just a rock for all to see,
Beside garden bed number three.
Mum said, "I must move it over,
Ere I hit it with the Rover."
Dad said, "I'll do it, when I get around to it."
Summer rains come by and by,
And the grass grew quite high.
In garden number three Celosia grew tall,
A riot of colour all did enthral,
Dad bent, oh so far, in his quest
To gather in all the very best,
With never a thought of that rock,
Hid path there, waiting to block,
And then he tripped!
And into the garden he slipped!
Now the Celosia are growing in shapes so odd,
Where they cradled the dear old bods,
And the garden edge is quite clear,

Stephanie showing her artistic skills and Bill showing his *Irish* humour! We are still curious to hear what sound Bill's chain saw makes..



Famous Fathers Quiz

Question	Answer
1 What is the name of Simba's father in The Lion King?	:
2 Jon Voight is the father of which famous actress?	:
3 Which famous fictional father tells his children, Scout and Jem: 'You never really understand a person until you consider things from his point of view – until you climb into his skin and walk around in it.'	:
4 Which famous American has a son who followed in his footsteps by becoming the 43rd President of the USA?	:
5 Who is the legendary fictional character and dad to Bart, Lisa and Maggie?	:
6 Which famous dad and former King of England had six wives?	:
7 Name the singing father-daughter duo who secured a Billboard number one in 1967	:
8 Gomez was the father of which TV family? Pugsley and Wednesday were his children.	:
9 Can you name this father-son duo? The father played "Spartacus" and the son was a detective in "Streets of San Francisco"	:
10 Which Australian personality, father of two, died from a stingray attack in 2006?	:
11 In the Roman Catholic Church, who is the 'Holy Father'?	:
12 Mr Bennet was the father in which Jane Austen novel?	:
13 The prayer "Our Father" is also known as...	:
14 By what other names is "Father Christmas" also known?	:
15 This scientist was best known for his contributions to the science of evolution. He was a father to 10 children.	:
16 What star of "The Bridges of Madison County" became a father again at the age of 65?	:
17 Which popular television show from the 1950s starred Robert Young?	:
18 What are the more familiar names of father and son actors Ramon and Carlos Estevez?	:

Source: GoldenCarers.com

Solve the Riddles #4

Questions

- 1 What kind of man cannot live inside a house? _____
- 2 Why is a river rich? _____
- 3 When does a net hold water? _____
- 4 How can you leave a room with two legs and return with six legs? _____
- 5 Look in my face, I am somebody; Look in my back, I am nobody.
What am I? _____
- 6 What weighs more? A pound of feathers or a pound of stones? _____
- 7 Why was the broom late? _____
- 8 What part of the body can run but not walk? _____
- 9 What has four legs and one foot? _____
- 10 Five apples are in a basket. How do you divide them among five girls
so that each girl gets an apple, but one apple remains in the basket? _____
- 11 What has an eye but cannot see? _____
- 12 What did the bee say to the flower? _____
- 13 What type of water can you eat? _____
- 14 The more you take away, the more I become. What am I? _____
- 15 Why don't Hollywood actors sweat? _____
- 16 What gets harder to catch the faster you run? _____
- 17 What can you serve but never eat? _____
- 18 Which kind of dog never bites? _____
- 19 How many months have 28 days? _____
- 20 What 4-letter word can be written forward, backward or upside
down, and can still be read from left to right? _____

Centre Hairdresser

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



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



Book Now

System Navigator



Are you thinking about aged care services for yourself or someone else?

or

Are you having difficulty understanding the aged care system?

Find out what aged care options are available and how to access them.

Contact your local Aged Care Navigator Trial service.

Your local Aged Care Navigator Trial service offers:

- ▶ Information on the aged care system to individuals and families (*via telephone or face-to-face*)
- ▶ Support to access aged care services (*for help in the home or in residential care*)
- ▶ Group information sessions (*contact us to arrange*)

ADA Australia offers Aged Care Navigator Trial services in the following regions

- ▶ Brisbane South, including Tamborine, Lamington, Beaudesert, Kooralbyn and Mt Barney
- ▶ Bundaberg and throughout the Wide Bay area

This service is free, confidential and independent.

Contact us for further information on how we can support you to access aged care.

Telephone: 1800 700 600

Website: www.adaaustralia.com.au
(search: Aged Care Navigator)

The Aged Care Navigators Trial is delivered by ADA Australia as part of a consortium led by COTA Australia and funded by the Australian Government.

For more information go to www.AgedCareNavigators.org.au



ADA Australia respects the Traditional Custodians of this land and pays respect to Elders, past and present.

Activities



Happy Snaps & Dress ups



Famous Fathers Quiz

Answer

- 1 Mufasa
- 2 Angelina Jolie
- 3 Atticus Finch
- 4 George Bush (his son is also George Bush)
- 5 Homer Simpson
- 6 Henry VIII
- 7 Frank and Nancy Sinatra
- 8 The Addams Family
- 9 Kirk and Michael Douglas. Did you know that if Kirk had not changed his name they would be known as the Danielovitchs?
- 10 Steve Irwin
- 11 The Pope
- 12 Pride and Prejudice
- 13 The Lord's Prayer
- 14 Santa Claus, St. Nicholas, Kris Kringle
- 15 Charles Darwin
- 16 Clint Eastwood
- 17 Father Knows Best
- 18 Marin Sheen, the father, and Charlie Sheen the son

Solve the Riddles #4

1. A snowman, 2. Because it has two banks, 3. When the water is frozen, 4. Bring a chair back with you, 5. A mirror, 6. They both weigh a pound!, 7. It overswept, 8. Your nose, 9. A bed, 10. Give the fifth girl her apple in the basket, 11. A needle, 12. Hello, honey!, 13. Watermelon, 14. A hole, 15. Because they have so many fans, 16. Your shadow, 17. A tennis ball, 18. A hot dog, 19. All of them, 20. NOON

Source: GoldenCarers.com