

Timeless Teddies



Gracie Dixon Centre
Community Care News
November-December 2022

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Merry Christmas 2022



Merry Christmas Everyone,

Christmas is a great time to spend time with your family and friends. I will be having an early Christmas with part of my family this year as they are heading to Townsville for the festive season so Christmas Dinner at my place will be held on the 7 December, now that's early. I suddenly realised that I need to be thinking about Christmas decorations over the next week to make it feel like it's the 25 December. Each year I have the job of being Santa and I receive all the letters from my grandchildren addressed to Santa and reply back to them acknowledging their Christmas wishes. The youngest who is 4 said in his letter : I know I can only ask for one present Santa but, two would be really good, or three. My precious letters are such a keep sake for my memory box and I enjoy having a read and a giggle each year. The children are getting older and even though I have 5 grandchildren this year I only received 3 letters sent to the North Pole. I read them to the eldest grandson last week and he was so surprised that Nana had written Santa's letters to him for all of those years. One of the requests was a real dog whilst another was a teddy bear as big as me, hmmm this is going to take some special words from Santa.

Gracie's Christmas Party

This year our Christmas theme is "**Christmas in the Bush**" and our celebration for Christmas lunch will be held on Wednesday 14 December 2022. There will be lots of entertainment and a delicious Christmas morning tea and lunch served to all who wish to attend. If you normally do not attend Gracie Dixon on a Wednesday please phone the centre on 4130 4120 or chat to one of the care workers to book in for the end of the year celebrations.

Thank you to our Volunteers

This is the time of the year when we like to formally show our appreciation to all of our volunteers. Thank you to Debbie and Irene for the beautiful food that they bake every week which is served at morning tea. To all of the musicians who give their time every week to come and entertain at the centre. Music at Gracie Dixon is a big part of our program which we all enjoy and look forward to not to mention the singing and dancing. To George for driving the bus to bring us into the centre and drive us home safely—Thank you. A big thank you to St Josephs School for spending time with the clients and getting to know our seniors in the community and to the fabulous Young at Heart Mums and Dads who bring their infants in to put smiles on everyone's faces.



Thank you for being an amazing Volunteer.

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, Joel Macabaya



Australian Government

A message from the Coordinator

Health & Safety



Assessment, care planning and documentation –Standards 2 & 3

Understanding the importance documentation.

Good client documentation is essential for the provision of the best possible care and support.

Well written care and support plans, assessments and reviews along with detailed progress notes both support and demonstrate quality care.

When something goes wrong or when a case conference is scheduled, ensuring you have well written evidence to back up your actions is essential to allow staff to deliver the best possible care:

- ◆ Legal requirements
- ◆ Assessment and planning
- ◆ Communication
- ◆ Continuity of care—what happened, what's been done and what else needs to happen
- ◆ Shared knowledge
- ◆ Continuous quality improvement
- ◆ Funding requirements
- ◆ Physical evidence of service delivery.

What is a Care Plan?

A care plan outlines your care needs, the types of services you will receive to meet those needs, who will provide the services and when.

- ◆ A care plan should be completed with dignity and respect
- ◆ Cultural safety
- ◆ Choice and decision making
- ◆ Dignity of risk
- ◆ Information
- ◆ Personal privacy
- ◆ Working together

Care plans should be updated as care needs change.



Seasons Greetings, Stay Safe

Lyn

ADULT PROGRAMS

Coffee and Computers

Attend a one-on-one session and have your tech problems solved and questions answered.
Call Bundaberg Library on 4130 4140 to register.

Technology Lectures

These sessions are held at 9.30am most Thursday mornings at Bundaberg Library. They are small, informal, lecture-style sessions on a variety of contemporary technology topics.
Call Bundaberg Library on 4130 4140 to register.



Christmas Placemats

Date

22nd December 2022
10:00 - 10:30

Cost

Free

Location

Bundaberg Library
49 Woondooma Street Bundaberg

Decorate a Christmas Placement

Come and colour your own A3 Christmas placement to create a laminated placemat you can take home and enjoy.

- All ages
- Bookings essential

Contact Name: Bundaberg Regional Libraries
Contact Number: 4130 4140
Email: library@bundaberg.qld.gov.au

What is SafeMate?

IT'S NOT JUST ANOTHER MEDICAL ID.

It's your lifeline in a medical emergency

SafeMate uses a uniquely generated QR Code connected to an individual's online medical profile. The profile has two levels of information, public and private. The user is in control of the data shared.

Public

Serving as a medical ID, anyone can quickly scan the QR code and the user-controlled public information appears.

Private: Secure Medical Information

This information can only be accessed when scanned by the Queensland Ambulance Service (QAS) paramedics or a nominated person of their choice.



SafeMate consults with QAS



SafeMate consulted with paramedics on the set up of our medical device and continues to educate paramedics on looking out for the SafeMate Kit.

It's Easy to Get Safe with SafeMate

VISIT OUR WEBSITE [GETSAFEMATE.COM](https://getsafemate.com) AND CLICK ON 'GET SAFEMATE'

- Decide on a monthly or annual subscription and click BUY NOW.
- You will receive log in details via email for your online medical profile.
- Fill in the online medical profile.
- The SafeMate Kit will be delivered by post.

Help is available for anyone who needs assistance, any step of the way.

THE SAFEMATE KIT

SafeMate Card — credit card size for wallet

SafeMate Stickers — durable stickers for highly visible locations



Dementia Café held April to October 2023

Gracie Dementia Café

When: 4 April 2023

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

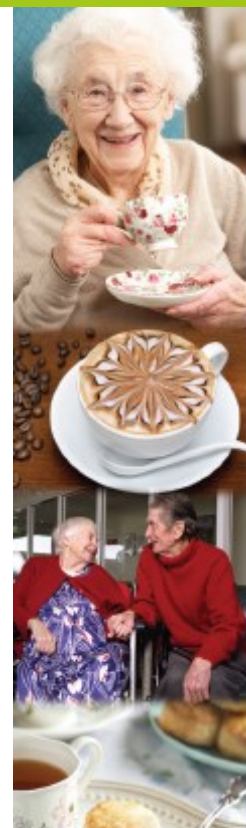
Time: 9.30am - 11.30am

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

Our Guest Speakers for April 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

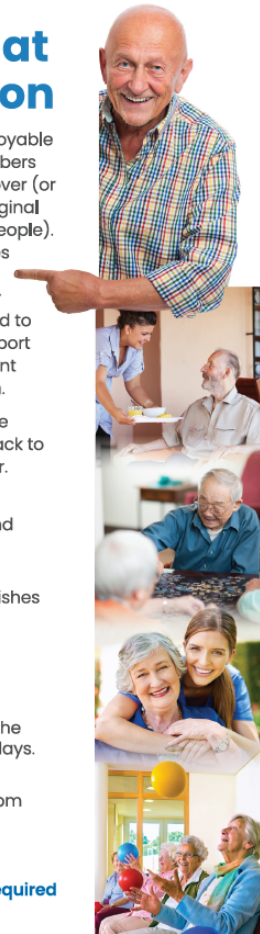
Volunteer availability:

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.

Enabling Environment

Research suggests that the environment can help a person with dementia hold on to their world by maintaining ties with familiar and comfortable surroundings.

It is widely recognised that the environment can have a significant positive or negative affect on a person living with dementia.

An enabling environment is one that promotes independence and supports wellbeing.

- » Familiar surroundings
- » Allows for easy access and orientation within the home environment
- » Supports meaningful skills/tasks
- » Supports participation in daily activities
- » Promotes safety, security and independence
- » Provides comfort
- » Considers the physical and sensory changes to the person and/or care.

Personal Considerations

- » Involve and enable the person to make choices and decisions
- » Consider the best time of day for the person to discuss changes to their home environment
- » Balance social participation and quiet time for the person and their carer
- » Provide orientation cues and prompts that are suitable and appropriate
- » Ensure wellbeing and identity is maintained
- » Support and encourage meaningful engagement
- » Ensure that the person feels valued and included.



How to improve Lighting

1. Replace current globes with brighter one to support good lighting levels within the home
2. Open curtains/blinds fully to maximise the daylight within individual rooms
3. Position seating for reading or similar activities to take advantage of sunlight
4. Installing skylights may be an option for rooms that are dark, or do not appear to have sufficient natural light for performing activities, or are not visually accessible
5. Installing different window treatments may be required to reduce glare and shadows during day or night
6. Sensor lighting can reduce the risk of falls at night.

Source: enablingenvironments.com.au



POTS & PANS

For those wondering, "How did I do it?":

I boiled 10 litres of water, added 2 tablespoons of vinegar, 1 teaspoon of sodium bicarbonate, two cups of coke and half cup of lemon juice then stirred well.

Waited 3 minutes, put the pan in the solution for 45 minutes, then added a quarter cup of chlorine bleach to the mixture.

Then I brushed it with a firm toothbrush and put it back into the liquid for another 25 minutes.



I took it out, rinsed it and it looked exactly the same, so I threw it away and went out and bought a new one!



OOPS...

A little too sticky



THE HUMANITY PROJECT

When a group of tourists visited a crocodile farm, the owner of the place launched a daring proposal;

"Whoever dares to jump, swim to shore and survive, I will give 1 million dollars."

Nobody dared to move, suddenly a man jumped into the water and desperately swam towards the shore while he was chased by all the crocodiles.

With great luck he arrived, taking the admiration of everyone in the place, then the owner announced; *"We have a brave winner."*

After collecting their reward, the couple returned to the hotel. Upon arrival, the manager told him that he was very brave to jump, then the man said; *"I didn't jump, someone pushed me!"*



His wife smiled...

Moral: *"Behind every successful man, there is a woman who pushes him!"*

Just a Wonder

A row of bottles on my shelf, caused me to analyse myself.
One yellow pill I have to pop, goes to my heart so it won't stop.
A little white one that I take, goes to my hands so they won't shake.
The blue ones that I use a lot, tell me I'm happy when I'm not.
The purple pill goes to my brain and tells me that I have no pain.
The capsules tell me not to wheeze or cough or choke or even sneeze.
The red ones, smallest of them all, go to my blood so I won't fall.
The orange ones, very big and bright, prevent my leg cramps in the nights.
Such an array of brilliant pills, helping to cure all kinds of ills.
But what I'd really like to know...
Is what tells each one where to go!

A Few of our Favourite Things

Nosedrops and Milo and needles for knittin'
Walkers and handrails and new dental fittin's
Bundles of magazines tied up in strings
These are a few of our favourite things

Cadillacs and cataracts, hearing aids and glasses
Polident and fixident and false teeth in glasses
Pacemakers, golf carts and porches with swings
These are a few of our favourite things

When the pipes leak, when the bones creak,
When the knees go bad,
Then we remember our favourite things
And then we don't feel so bad.

Hot tea and crumpets and corn pads for bunions
No spicy hot food or food cooked with onions
Bathrobes and heat pads and hot meals they bring
These are a few of our favourite things

Back pains, confused brains and no fear of sinning'
Thin bones and fractures and hair that is thinning'
Unable to get to the phone when it rings,
Is this the extent of our favourite things?

When the joints ache, when the hips break
When the eyes go dim, then we remember the great life we've had
And we don't feel so bad!!

Information Sharing

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

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



Client Activities



Client Activities



Happy Snaps & Dress ups

