

Happy New Year



Gracie Dixon Centre Community Care News January-February 2023

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Happy New Year 2023

Happy New Year Everyone,

Welcome to 2023 the Year of the Rabbit (2023 Chinese Zodiac). The sign of Rabbit is a symbol of longevity, peace, and prosperity in Chinese culture. **2023 is predicted to be a year of hope.**

If your birth year falls on any of the below dates then this is your year.

2023, 2011, 1999, 1987, 1975, 1963, 1951, 1939, 1927.

People born in a year of the Rabbit are believed to be vigilant, witty, quick-minded and ingenious.



Since it is the beginning of a new year I decided to look up *What are some Feel Good Moments* in our lives. This is the top 4 feel good moments see how many you can relate to:

- Finding money in your pocket you didn't know you had 58%
- Being able to sleep in with no alarm set 55%
- Reaching a personal best on a hobby or pastime (M)
- Lying in bed listening to rain fall outside 51%

My favourite is the second one waking up in the morning to no alarm 😊

Gracie's Christmas Party

This year our Christmas party was held in the perfect location at the Main Pavilion, everyone commented on how lovely it was with plenty of space. Our sincere appreciation to the staff and chef of Tom Quinn for Christmas lunch it was absolutely beautiful.

Remember when we were young and we would all play French cricket in the back yard with our siblings. This year I bought one of my grandsons a French cricket set and can I tell you that not only did it entertain the children but also the adults and my neighbours. We spent many hours in the front yard bantering and laughing whilst trying very hard not to spill a drop of our bubbly whilst stretching for a catch.

Exercising at Home

Some of our clients have asked how they can do some of our exercises from home. Anyone who has the internet can You Tube "Sherry Zak Morris chair yoga" - there is also programs on healthy joints, stretch and move your body, balance and back care.

<https://sherryzakmorris.com> Don't forget for those that have the opportunity and love the water during the summer months water aerobics is a popular form of exercise.

Congratulations

A warm congratulations to Jennarah who became engaged during her annual leave and is planning her wedding to be held in February. Congratulations Jen from all of us.

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



Organisation's service environment

Standard 5

Consumer Outcome

I feel like I belong and I am safe and comfortable in the organisation's service environment.

Requirements

The organisation needs to demonstrate that they:

- Understand the requirement
- Apply the requirement, and this is clear in the way they provide care and services
- Monitor how they are applying the requirement and the outcomes they achieve
- Review outcomes and adjust their practices based on these reviews to keep improving.

Standard 5 applies to the physical service environment that the organisation provides for residential care, respite care and day therapy centres. It doesn't apply to home care services where the environment is the consumer's home. And it doesn't apply to other environments that consumers visit, such as bowling clubs or libraries.

This Standard is for organisations providing a physical service environment. It makes sure that the service environment, furniture and equipment support a consumer's quality of life, as well as their independence, ability and enjoyment. This means that the service environment suits the consumer's needs and is clean, comfortable, welcoming and well maintained. It includes how the safety and security, design, accessibility and layout of the service environment encourage a sense of belonging for consumers.

The furniture, fittings and equipment provided at the service are also covered by this Standard. It is expected that these are safe, clean, well maintained and suitable for the consumer.

This Standard doesn't replace work, health and safety laws, or requirements under building legislation.

Meaning of 'service environment'

An organisation's service environment means the physical environment through which care and services are delivered, but does not include an individual's privately owned or occupied home at which in-home services are provided.



Stay Safe

Lyn

Passing Through

Jan
21
- Mar 26

Date

21 January 2023 - 26 March 2023
Every day 9.30am to 5pm

Cost

Free

Location

Bundaberg Regional Art Gallery
1 Barolin Street, Bundaberg Central



Image: Carolyn V Watson, Glory crowned grief (the tick in time when your heart tightened...), 2022, Epoxy clay, doily, glass spheres, pearl beads, gold beads, ball bearings, upholstery thread, concave mirror, antler pieces, boar skull.

Passing Through – Carolyn V Watson

passing through v. *To move or travel through (some place, thing, or space) on the way to some other place, thing, or space.*

In this body of work, artist, Carolyn V Watson, explores the trust and inner strength that one must elicit to press forward. Created as an installation for The Vault, the artworks reflect the human response to carry forward expectations and doubt, but also to prize the knowledge that comes from each experience, and recognise that process is just a transitory state that makes space, and welcomes new paths to appear.

Carolyn V Watson is a multi-award winning artist who has strong ties to the Bundaberg Region through her biennial artist in residencies at St Luke's Anglican School. Watson's practice takes the viewer on an exploration of the world that lies between the natural and the unknown. Utilising found objects, often collected through her travels to facilitate workshops and residences, this series of sculptures will bring the 'natural' and the 'artificial' into an absorbing union of bone and bio-organic forms, overlaid with an intricate network of lace.

Gallery Opening Times

Monday to Friday 9.30am to 5pm

Saturday and Sunday 10am to 2pm

Contact Name: Bundaberg Regional Art Gallery

Contact Number: 4130 4750

Contact Email: brgadmin@bundaberg.qld.gov.au



Hazards in the Bundaberg Region

- Severe weather
- Flooding
- Bushfire

Severe weather - Storms & cyclones

In the Bundaberg Region it is not uncommon to experience severe weather such as thunderstorms, hail storms, dry electrical storms and wind storms. We can also be impacted by cyclones and the extensive rain depressions left in their aftermath. On average, cyclones impact the Bundaberg Region every few years. Since 1970 there have been ten cyclones within 100km of the Bundaberg region.

The tropical cyclone season in Australia extends from November to April. Cyclones occur frequently during this time with an average of ten cyclones entering Australian waters each season.

Be disaster ready!

Sign up to Council's weather and emergency alerts system.

Receive notifications straight to your phone or email.

- Weather warnings
- Emergency alerts
- Flood notifications

Scan to sign up today
or go to disaster.bundaberg.qld.gov.au

1300 883 699
bundaberg.qld.gov.au

Contact us

Address: 190 Bourbong Street
Bundaberg QLD 4670, Australia.

Telephone: 1300 883 699

Email: ceo@bundaberg.qld.gov.au

Flooding - Riverine flooding

The Bundaberg Region is prone to riverine flooding with several river catchments running through the local government area. The Burnett River Basin is vast and funnels the water to the ocean through the centre of Bundaberg.

The Bundaberg Regional Council in conjunction with the Bureau of Meteorology and neighbouring Councils operates a flood warning system for the main river catchments through river and rain gauges that enables accurate and timely flood warnings and forecasts. The severity of flooding is termed as minor, moderate or major according to the effects felt in the local area. For more information about flooding in the Bundaberg Region, visit our [Burnett River Flood Information](#) page.

Flooding - Flash flooding

Flash flooding is the result of short intense bursts of localised rainfall, typically from a thunderstorm. This type of flooding can impact local roads where the drainage network can't cope with the intense amount of rainfall. This type of flooding resolves quickly as water tends to disperse once the storm passes. Flash flooding is common in the urban areas of our Local Government Area with low lying roads commonly impacted for a short period of time.

Remember! Never drive through swollen creeks or rivers and never swim in storm drains or flood affected areas

Bushfire

Across the Bundaberg Region, we are often faced with the threat of bushfires, especially during prolonged dry weather. Bushfires can be caused by lightning strikes, sparks from equipment such as welders, discarded cigarette butts, uncontrolled fuel reduction fires, or camp fires. Bushfires can become a major disaster. Whether you live in town or in a rural area, it is essential you have considered what you and your family would do if a bushfire was to threaten your home. During a bushfire you and your family's survival and safety depend on your preparations, and the decisions you make. Whether your plan is to leave early or stay, you must prepare your home and property to increase your chances of survival.

Source: [Bundaberg.qld.gov.au/disaster-management](https://bundaberg.qld.gov.au/disaster-management)

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)

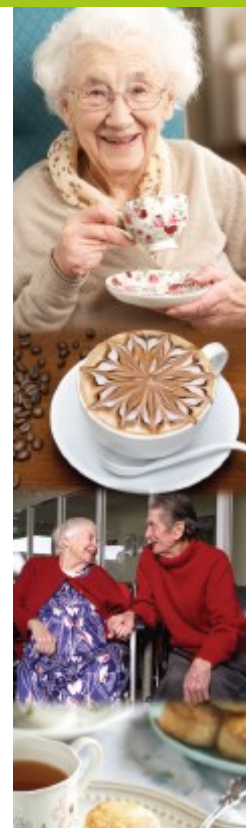
Time: 9.30am - 11.30am

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

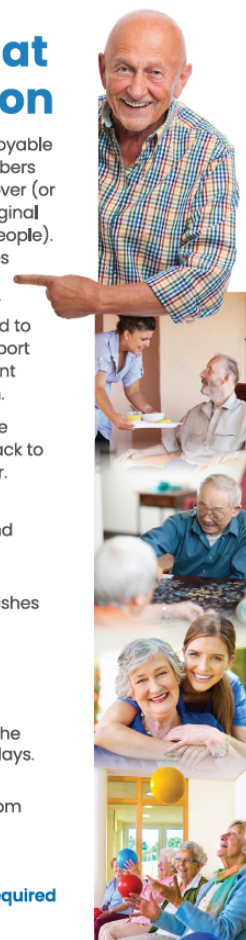
Volunteer availability:

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.

Adapt a Home

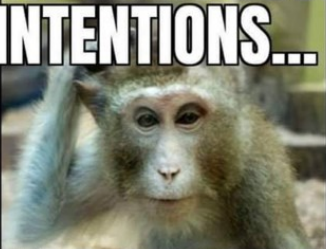
The Living Room

- » Ensure ample circulation space. Remove rugs and excess clutter from the main circulation space to reduce the possibility of trips and falls. To allow the person living with dementia to see the environment clearly, ensure the flooring is of a contrasting colour to the furniture.
- » Reduce unwanted stimulation by turning the television off if it isn't being used. Consider using a television with video calling capabilities or similar devices to enable the person living with dementia to keep in touch with friends and relatives.
- » A door with contrasting coloured door frames and handles allow it to be seen easily and can therefore encourage movement through to other indoor/outdoor spaces.
- » To help with day/time orientation consider using a clock which clearly displays the time, day and date on a large face or in bold numbers so that it can be seen easily. There are many different types of clocks available, so choose one that is familiar to the person living with dementia.
- » The environment should include familiar and personal objects to encourage reminiscence.
- » People with dementia require greater than average light levels. Check the house is sufficiently and evenly lit to reduce shadows and to achieve recommended lux levels. Ensure lights and window treatments reduce glare and reflections.
- » To ensure safety in the case of a fire, check that smoke detectors are working.
- » Ensure the colours of tables and chairs clearly contrast with the colour of the carpet, and the edges of tables and chairs are clearly defined. Avoid sharp edges on tables, and avoid furniture with glass as it may pose a safety hazard.
- » Furniture must be recognisable and look like what it is supposed to be. Furniture and items must also be familiar to the person living with dementia. Encourage their choice of colour, style and furnishings where possible. Furniture should be at an appropriate height for the person. Use furniture that is comfortable and has good back and arm supports. Upholstery must be comfortable and durable.
- » Keep curtains open during the day to let in natural light. Avoid bold patterns on curtains which may be confusing or disturbing to a person living with dementia. A person living with dementia may find shadows disturbing. If so, consider blackout blinds to keep out natural or artificial light at sunset and at night.
- » A door chime or knocker for the main entrance can act as a prompt to go answer the door. To ensure its effectiveness, use a type that is most familiar to the person living with dementia.
- » Use different textures in the living room to add sensory variation to the space. For example, a knitted throw on the couch and soft cushions.





I ALWAYS START THE DAY WITH GOOD INTENTIONS...



THEN I GET OUT OF BED AND THAT'S USUALLY WHERE IT ALL GOES WRONG.

"All these damn deer on the highway"

"Those are people Margaret, and you're on the sidewalk"




One of our dogs is clearly smarter than the other.


Found an extra pair of boots at the worksite so I decided to give my boss a heart attack




So, what are the restaurants like in space?

The food is good, there's just no....atmosphere.

Captain Kirk
Man Myth Legend



Someone asked me what I did this weekend like I'm some sort of mountain climber.

I'm 50 years old Linda. I was on a heating pad eating nachos.



Baby Boomers Music Quiz

Question	Answer
1 What was the title of Cliff Richards' 1968 Eurovision Song?	:
2 Who was Cher's first singing partner and hit song?	:
3 Who was lead singer of the Supremes in the 1960's?	:
4 What do the Searchers sing about along with "needles"?	:
5 What shade of pale did Procol Harum sing about?	:
6 Who sang with The Dreamers?	:
7 Who was known as the Big "O"?	:
8 According to "The Animals" what was the name of "The House In New Orleans"?	:
9 Which Liverpool lady took "Anyone Who Had A Heart" to No: 1?	:
10 Who left her two group members in 1964 and released "I Only Want to Be with You"? Dusty _____	:
11 Who sang with the Mamas?	:
12 Which shoes did Elvis Presley warn you not to step on in 1956?	:
13 Which blonde film star sang about her "Secret Love" in Calamity Jane in 1953? She won the academy award for best song.	:
14 Where were the tulips from, that Max Bygraves sang about?	:
15 According to Frank Sinatra, how do "Love and Marriage Go Together _____"?	:
16 Who had hits with "When I Fall In Love" and "Stardust"? Nat King _____	:
17 Who asked "What do you want if you don't want money"? Adam _____	:
18 Where did Pat Boone write his Love Letters?	:
19 In the song title, what did Shirley Bassey ask her Honey, Honey, to do?	:
20 How many tons did Tennessee Ernie Ford sing about?	:

Source: GoldenCarers.com

I'm still Here

My looks are nothing special, my face reveals my age,
My body shows some wear and tear and my energy's not the same.

Too often my memory fails me and I lose things all the time.
One minute I know what I plan to do and the next it may just slip my mind.

I try hard to avoid my mirror, there are things I would rather not see,
And even those times when I just catch a glimpse, I can no longer recognize me.

The things I used to do with ease, can now cause aches and pains,
And the quality of the things I do will never be quite the same.

I always compare my older self to those younger versions of me,
And I know I'm wasting too much time missing who I used to be.

But the thing that really makes me sad is despite what people see,
Underneath my tattered, worn out shell, I'm still the same old me.

My heart can still feel endless love and at times it still can ache.
My heart can fill with so much joy and then it can suddenly break.

My soul can still feel sympathy and longs for forgiveness and peace,
And there are times its light shines boldly through and times when it longs for release.

It's true, maybe now that I'm older, feeling lonely may be status quo,
But it also has made me more willing to forgive and let past conflicts go.

So maybe to some I look ugly and old, a person who barely exists.
I'm still quite aware of the beauty inside and my value should not be dismissed.

So although not as strong and no beauty, it's true,
I'm still here and want so much to live,
And I know that there's no one in this world quite like me,
And no one who has more to give.



Published by Family Friend Poems September 2017

Information Sharing

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

Christmas 2022 Highlights



Christmas 2022 Highlights

STEP RIGHT UP!
PHOTO
BOOTH



Christmas 2022 Highlights



Baby Boomers Music Quiz

Answer

- 1 Congratulations
- 2 Sonny Bono - "I Got You Babe"
- 3 Diana Ross
- 4 Pins in the song "Needles and Pins"
- 5 A Whiter Shade of Pale
- 6 Freddie and the Dreamers
- 7 Roy Orbison
- 8 The Rising Sun
- 9 Cilla Black
- 10 Springfield
- 11 The Papas
- 12 Blue Suede Shoes
- 13 Doris Day
- 14 Amsterdam
- 15 Like a Horse and Carriage
- 16 Cole
- 17 Faith
- 18 In the sand
- 19 Kiss Me, Honey Honey, Kiss Me
- 20 16 tons