

# Autumn Antics



Gracie Dixon Centre  
Community Care News  
March-April 2023



45 Woondooma St Bundaberg Q 4670

4130 4120

[gracied@bundaberg.qld.gov.au](mailto:gracied@bundaberg.qld.gov.au)

# A message from the Coordinator

## Happy Easter 2023

Hello Everyone,

It only seems like I said Happy New Year and now we are approaching Easter. I am sure everyone is looking forward to the Easter holidays and hopefully catching up with family. During the month of April we will have a new trainee join our team of care workers. Please make Sophie very welcome when you see her. I am sure she will spend some quality time with you all getting to know your care needs and stories. Sophie will be here Monday to Friday from 3 April 2023 for the next 18 months.



### Lyn's Tip of the Month

Is your showerhead clogged or just looking grimy? Try pouring some distilled white vinegar into a sandwich or freezer bag and tying it around your shower head. Then come back the next morning and it'll be squeaky clean.



### Music at Gracie

On 22 March we had 3 lovely ladies each playing a keyboard who joined us at the Centre for a fabulous sing-a-long. Everyone was up dancing and singing all morning. We decided to put it to the clients to come up with a name for this group, so please put your thinking caps on and be a little creative. Write down your suggestions and give them to Julia so that we can take a vote on the best name for our keyboard ladies.

### Checking Blood Pressure is Essential

Heart Research Australia has found that deaths from heart disease are two times as high in Australian women than breast cancer. This is because for many women, heart episodes occur without prior warning.

About 40 per cent of heart attacks in women are fatal with the symptoms often different to those experienced by men. While men experience well-known symptoms such as chest pain or discomfort, shortness of breath or nausea, women may experience additional symptoms that can be dismissed as something less sinister, like back, neck or jaw pain, dizziness, fatigue, light headedness and sweating. A survey conducted by the Heart Foundation Heart Watch found that despite over one third of Australian adults living with high blood pressure, just five per cent of adults nominate high blood pressure as a key risk factor for heart disease, showing the need for greater education and awareness of preventative measures.

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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, Joel Macabaya



# A message from the Coordinator

High blood pressure may not have any obvious symptoms, but it forces the heart to work harder to pump blood to the rest of the body. This Heart Health Awareness Month, Blooms The Chemist Pharmacist, Claire Robertson, is encouraging more Australians to visit their local Blooms The Chemist pharmacy for a free blood pressure check-up.

Most Chemist Pharmacists will do a blood pressure check-up if you have any concerns and provide advice on optimising your heart health. Statistics show that men aged 45 years and over and women aged 55 years and older have a greater risk than younger men and women. Blood pressure that remains high over a long time is one of the main risk factors for heart disease and, while regular screening is important, there are several lifestyle factors and hereditary factors to be aware of.

“The exact cause of hypertension is not always clear but some factors that may contribute to high blood pressure include family history, diet, excessive salt, alcohol intake, weight and your level of physical activity. Every day, 110 Australians have a heart attack making it the leading cause of hospitalisation, claiming the lives of 19 people, on average, every day.

## Health & Safety



### Standard 4

#### **Where meals are provided, they are varied and of suitable quality and quantity**

The intention of this requirement is to make sure that clients have enough nutrition and hydration to maintain life and good health and reduce the risks of malnutrition and dehydration. Meals and the dining experience are a very significant part of day to day life. They play an important role in connecting clients socially and supporting a sense of belonging.

This requirement applies when an organisation provides the nutritional or hydration needs of a client as part of their care of services. Where it's part of their role, organisations are expected to make sure the client have enough to eat and drink to meet their nutrition and hydration needs and to provide clients with the support they need to eat and drink.

This is expected to be based on assessed needs and address:

- What is needed to sustain life and support ongoing good health
- Any dietary intolerances, allergies or medication contraindications.
- The level of support or help the client needs
- Clients preferences, and religious and cultural considerations
- Timing of meals.

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.



## Message in a Bottle

1 April – 27 August

Community Art Installation

We are not alone at being alone

Location: Imaginarts, Bundaberg Regional Art Gallery



*Message in a Bottle* is a public invitation to participate and share ideas. During the Bundaberg Regional Galleries large-scale installation, you are invited to contribute and engage with the work by creating a message in a bottle, expressing everything from fears, concerns, feelings, notes to self, messages to loved ones; anything you want to share, get off your chest or words you simply want to play with.

Ultimately, the purpose of this installation is to hold up a mirror to our loneliness and longing.

Today, maybe more than ever, we need these powerful reminders that we all have more in common than we think. The power of a message in a bottle is that it captures our anxiety about loneliness, our longing for love, our fear of being lost or forgotten, and that which is most precious and unique to each of us.

### Gallery Opening Times

Monday to Friday 9.30am to 5pm

**Contact Name:** Bundaberg Regional Art Gallery

Saturday and Sunday 10am to 2pm

**Contact Number:** 4130 4750

**Contact Email:** [brgadmin@bundaberg.qld.gov.au](mailto:brgadmin@bundaberg.qld.gov.au)

# Gardens that Care: Planning Outdoor Environments for People with Dementia

## Dementia and Garden Environments

### Why are gardens an important tool in the care of people with Dementia?

There is a recently resurrected body of knowledge that supports the long held view that our natural surroundings can have a profound effect on people's health, well-being and quality of life. Nature is restorative and has healing powers (Kaplan 1995, 2001). With this in mind, gardens and outdoor environments are increasingly being re-introduced as an important support tool in the care, behaviour management and contributor to the quality of life, of people with dementia.

Gardens designed specifically to support people with dementia provide therapeutic activities designed to maximise retained cognitive and physical abilities and lessen the confusion and agitation often associated with the condition.

Research indicates that physical as well as visual access to nature:

- helps people recover from illness quicker
- Reduces stress and lowers blood pressure
- Helps a person maintain circadian rhythms (the sleep/wake cycle)
- aids in the natural absorption of vitamin D when exposed to sunlights for brief periods of time, which is important for maintaining strong bones.



### Therapeutic Benefits

Although unable to pin down a solid reason, studies have shown that human beings possess an innate attraction to nature. It is known that being outdoors creates feelings of appreciation, tranquillity, spirituality and peace and so it would seem, that just being in a garden setting is in itself restorative and active gardening heightens those feelings.

The activity of gardening has many particular advantages for those with dementia:

- Is an enjoyable form of exercise
- Increases levels of physical activity and maintains mobility and flexibility
- Encourages use of all motor skills - walking, reaching, bending and planting seeds and taking cuttings
- Improves endurance and strength
- Helps prevent diseases like osteoporosis
- Reduces stress levels
- Provides stimulation and interest in nature and the outdoors
- Improves sense of wellbeing due to the social interaction



# 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)

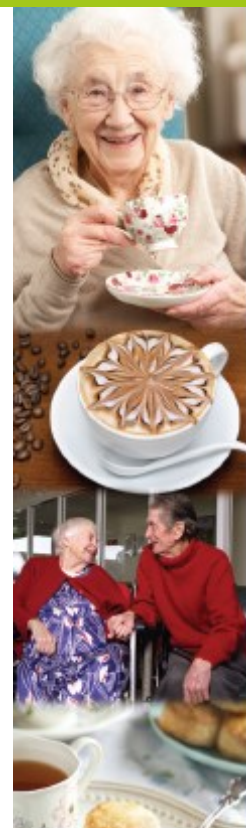
**Time:** 9.30am - 11.30am

**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](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

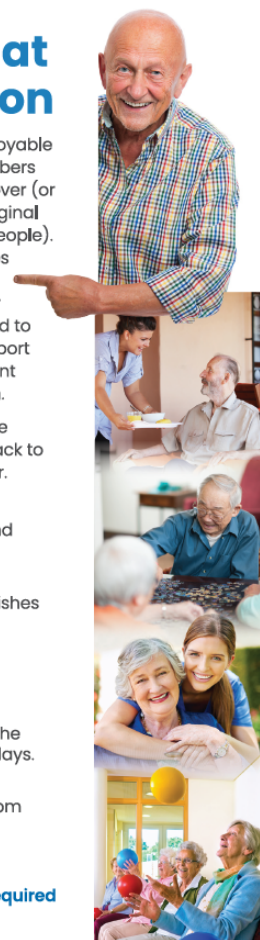
### Volunteer availability:

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.

## Adapt a Home

### The Kitchen

- » Use fixtures such as cross-head taps which may be more familiar to a person living with dementia, rather than mixer taps. Water flow monitors, flood detectors and pressure activated plugs can help reduce incidence of flooding and water-related slips and falls.
- » Provide opportunities for familiar and meaningful engagement such as drying and storing the dishes away after a meal.
- » To ensure safety in the kitchen ensure tiles are non-slip or use a non-slip treatment on ordinary tiles to make them slip resistant.
- » See-through cabinets and open shelving allow for the quick and easy location of items inside kitchen cupboards.
- » If a conventional cooktop is proving to be a hazard, consider replacing it with a safer, induction cooktop. This enables the person living with dementia to continue being an active participant in the household. Other safety devices include a safety cut off switch on the main power board, stove isolation switches, safety electrical cords, gas detectors and gas cut-off switches.
- » Devices can be installed to adapt a conventional cooktop and make it safer. For example, a stove guard is a motion detector that automatically turns off the stove if the person moves away from it.
- » Bring daylight into the space to ensure bright, even lighting (a minimum general light level of 600 lux).
- » Be mindful of not creating a fire hazard.
- » If a kitchen appliance such as a kettle needs to be replaced, ensure it is substituted with a similar kettle that looks and works in a way that is familiar to the person living with dementia.
- » Frequently used items should be placed on the kitchen bench top or open shelf. Provide an opportunity for domestic activities like making a cup of tea.
- » Kitchen servery provides a line of sight from kitchen to bedroom. Promotes inclusiveness if person is restricted to bedroom.
- » A whiteboard can be used to note what is in the fridge or pantry and can also be used for shopping lists, reminders and important messages.



Source: [enablingenvironments.com.au](http://enablingenvironments.com.au)



## Bossed up

A man came home from work and found his 3 children outside, still in their pyjamas, playing in the mud, with empty food boxes and wrappers strewn all around the front yard. The door of his wife's car was open, as was the front door to the house and there was no sign of the dog. Proceeding into the entry, he found an even bigger mess. A lamp had been knocked over and the throw rug was wadded against one wall. In the front room the TV was loudly blaring a cartoon channel, and then family room was strewn with toys and various items of clothing. In the kitchen, dishes filled the sink, breakfast food was spilled on the counter, the fridge door was open wide, dog food was spilled on the floor, a broken glass lay under the table, and a small pile of sand was spread by the back door.

He quickly headed up the stairs, stepping over toys and more piles of clothes, looking for his wife. He was worried she might be ill, or that something serious had happened. He was met with a small trickle of water as it made its way out the bathroom door.

As he peered inside he found wet towels, scummy soap and more toys strewn over the floor. Miles of toilet paper lay in a heap and toothpaste had been smeared over the mirror and walls.

As he rushed to the bedroom, he found his wife still curled up in the bed in her pyjamas, reading a novel. She looked up at him, smiled, and asked how his day went. He looked at her bewildered and asked, "What happened here today?"



She again smiled and answered, "You know every day when you come home from work and you ask me what in the world I do all day?"

"Yes," was his incredulous reply. She answered, "Well, today I didn't do it." 😊

**Credits go to the respective Author**





# Brain Teasers

## Three Clues—What Do They Have in Common?

	Question	Answer
1	Pepperoni, sausage, mushrooms	:
2	Mashed, baked, fried	:
3	Headlight, transmission, battery	:
4	Kennedy, Lincoln, Bush	:
5	Slots, poker, blackjack	:
6	Lemon, devil's food, bundt	:
7	Coleslaw, potato salad, macaroni salad	:
8	McDonald's, Burger King, Culvers	:
9	Toilet paper, towels, bathtub	:
10	Stomach, heart, lungs	:
11	Cup, 1/2 cup, 1/4 cup	:
12	Operator, receptionist, secretary	:
13	Lasagna, spaghetti, manicotti	:
14	Panda, polar, grizzly	:
15	Birthday, Christmas, anniversary	:
16	Elephant, trapeze, clown	:
17	Red, blue, yellow	:
18	Emily, Charlotte, Anne	:
19	Jacket, trousers, waistcoat or vest	:
20	Harry, Hermione, Ron	:

Source: GoldenCarers.com



## *A sweet scene: A dog gives his blanket to a stray dog*

A lovely dog gives a blanket to a stray dog from the other side of the gate. This scene is very touching. Animals are able to teach many things to humans.

The dog brings a blanket and gives it to a strange stray dog. Dogs are able to do such kinds things that they leave people astonished.



It is not obvious why the dog does this. This can be understood to even be a way of playing together. The dog gives the blanket from that gate and does this with generosity and with all his heart.

He may be giving it as a gift but this kind act is worth appreciating about animals. Animals are loved because of their good nature. They are true and devoted friends.

Some people even say that he shows us that we should share what we have with less fortunate people.

The scene was captured and attracted millions of people. The caring dog melts hearts with his kind actions.

This attitude is very beautiful. Humans should learn many things from animals.

## 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

## Creativity, Dexterity and Ageing

### Front Page Cover Story

Clients at the Gracie Dixon Centre were involved in an activity to create an Autumn "Tree of Gratitude". Template leaves were individually cut out and painted by clients, and then attached to the wall surrounding a cardboard tree truck.

In the few weeks prior to creating the Autumn leaves, everyone including clients, staff, volunteers and entertainers visiting the Centre were invited to write a positive word starting with the first letter of their name and place it in the *Gratitude Jar*. These positive words of gratitude were then typed onto labels and placed onto the Autumn leaves. By participating in this purposeful activity, it promotes creativity, stimulates the mind, maintains dexterity and supports socialisation.

#### **Creativity - The Key to Healthy Ageing**

Living longer is one thing, but how do we increase our chances of staying well, maintaining a healthy brain and a healthy mind as we approach the twilight years?

It's understood that staying mentally and physically active is important for maintaining social, cognitive and emotional well-being as well as delaying, or preventing, the onset of dementia.

Source: [newcastle.edu.au/2022/creative-ageing-its-all-in-your-mind](https://newcastle.edu.au/2022/creative-ageing-its-all-in-your-mind)

#### **Maintaining Manual Dexterity for Seniors**

Our world is made for hands and fingers that need strength, flexibility and touch to lift, turn, press, pull, grip, twist, manipulate, tap and hold things every day. It's important to maintain your manual dexterity as you age. As a senior, you may have noticed that your hands and fingers have lost some of their capabilities. There are many reasons that would explain why this could have occurred.

For many, manual dexterity seems to remain stable until about age 65. However, one of the most common changes that occur throughout the body is *sarcopenia*, or the reduction of muscle mass. In the hands and forearms, this causes the loss of grip strength, which according to National Library of Medicine is directly related to hand dexterity.

Source: [bethesdahealth.org/blog/maintaining-manual-dexterity-for-seniors](https://bethesdahealth.org/blog/maintaining-manual-dexterity-for-seniors)

# It's all happening @ Gracies

STEP RIGHT UP!  
**PHOTO BOOTH**





Birthday Celebrations @ Gracies

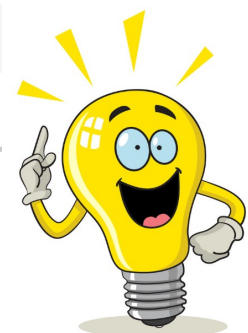


# ANSWERS: Brain Teasers

## Three Clues—What Do They Have in Common?

### Answer

- 1 Toppings on a pizza
- 2 Ways to cook potatoes
- 3 Parts of a car
- 4 Former Presidents
- 5 Games at a casino
- 6 Types of cake
- 7 Deli side dishes
- 8 Hamburger fast food franchises
- 9 Things you find in a bathroom
- 10 Organs in the human body
- 11 Measurements
- 12 Jobs where you answer the phone
- 13 Italian foods
- 14 Types of bears
- 15 Occasions to give presents
- 16 Circus
- 17 Primary colors
- 18 Bronte sisters
- 19 Men's three piece suit
- 20 Harry Potter trio



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