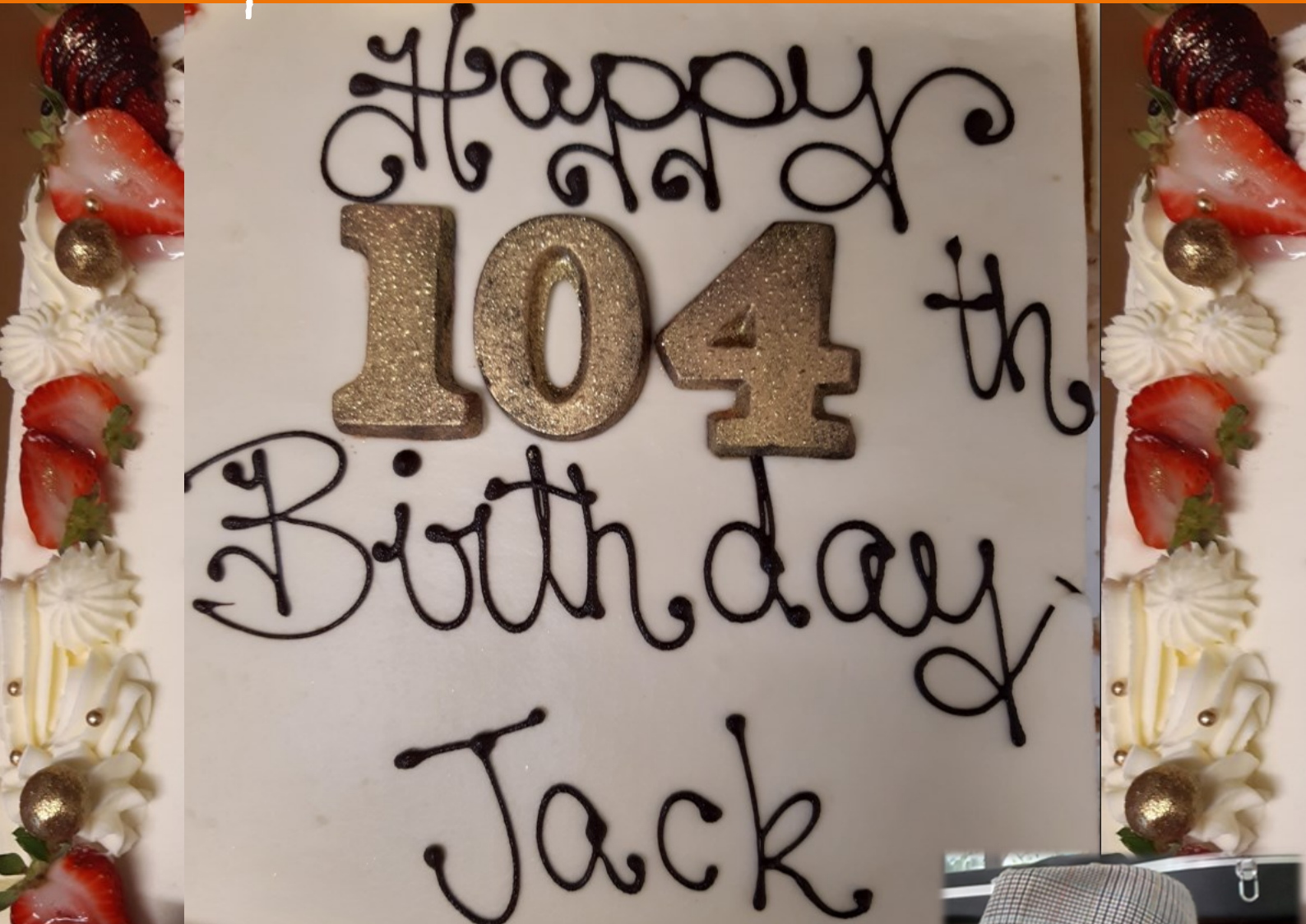


Special Celebrations



See Cover Story - Page 12

Gracie Dixon Centre
Community Care News
June—July 2023



45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

A Message from the Coordinator

Hello everyone,

Welcome to June's edition of our newsletter. Our team has been busy programming for your enjoyment and we are currently in the process of updating a lot of the care plans that are due to review. Lyn will also be looking at the review dates on the My Aged Care Portal and some clients will need to update their assessment with Mac. Please don't stress as Lyn will phone you to discuss if your assessment is due for renewal. Thank you to all of the carers who are supporting this years Dementia Café the attendance has been fantastic. May's café had 63 people join us for information sharing. If you know someone or would like more information yourself please come along as there is a variety of topics to gather information from. There is no café in June due to the local show therefore our next meeting will be Tuesday 4 July at 09.30.

Lyn's Tip of the Month Scam safety tip

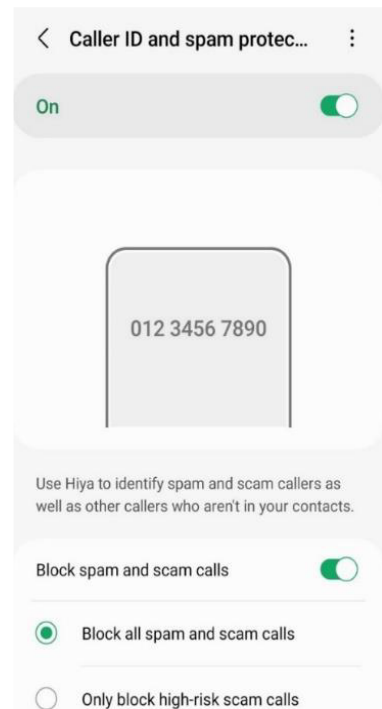
Caller ID and spam protection setting on Android smartphones

Have you looked in your phone application settings recently? Some Android phones have a "Caller ID and Spam Protection" option which automatically blocks phone numbers that have been flagged as a spam or scam number.

Have a look to see if your Android smartphone has this option by going into your phone application.

This is the application where you would make calls or see your call log. Open the settings option in this application and look for "caller ID and spam protection".

Please note, not every phone will have this setting and it may look different on your device.



Increase to Fees as from 1st July 2023.

A letter has been forwarded to all clients advising of the increase to our community care services from July 2023 to July 2024. Anyone who is having financial difficulties in meeting your account please phone the centre and make an appointment with Lyn to discuss your situation.

| | |
|-------------------------------------|---|
| 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. |



A message from the Coordinator

Overseas workers have returned to Australia

The Federal Government has funded the delivery of overseas care workers returning to Australia to assist with delivering care and support to our clients. Like all aged care facilities, our ability to recruit and retain staff has been affected by COVID-19 government directives, an increase in the demand for services and escalating resource needs due to new requirements identified by the Royal Commission. We welcome migrant workers who have traditionally helped fill a gap in Australia's aged care workforce assisting us to continue to deliver outstanding services.

Health & Safety

Standard 1

Identity, culture and diversity

All aged care organisations are expected 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 consumers. They are also expected to be responsive, inclusive and sensitive to consumers who are lesbian, gay, bisexual, transgender and intersex. They are also expected to be responsive, inclusive and sensitive to consumers who are Aboriginal and Torres Strait Islander.

The consumer defines their own identity and this should be respected and not questioned. Respecting the identity, culture and diversity of a consumer, means understanding their needs and preferences. Organisations are expected to provide care and services that reflect a consumer's social, cultural, language, religious, spiritual, psychological and medical needs.

Consumer Outcome:

I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services and live the life I choose.

The Organisation:

Has a culture of inclusion and respect for consumers; and supports consumers to exercise choice and independence and respects consumers privacy.

Each consumer is treated with dignity and respect, with their identity, culture and diversity valued. Care and services are culturally safe. Each consumer is supported to exercise choice and independence, including to: make decisions about their own care and the way care and services are delivered.

Stay safe

Lyn



Dementia Café held April to October 2023

Gracie Dementia Café

When: 4 July 2023

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

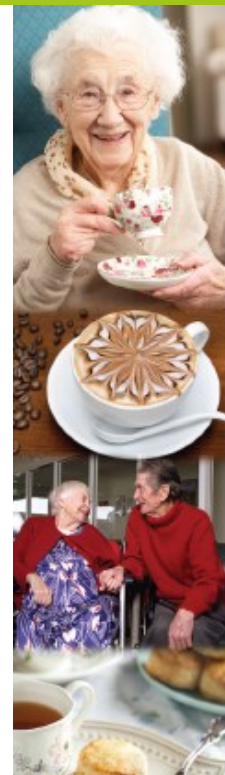
Time: 9.30am - 11.30am

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

Our Guest Speakers for July will be:

1. ADA Advocacy
2. Lisa Hughes - Mental Health Clinician
(Lutheran Services)

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? If you are interested in becoming a volunteer, we would love to hear from you, so please: Email: gracied@bundaberg.qld.gov.au or phone **4130 4120**

Long term volunteer, Debbie Gaffel, has dedicated her time in the past 4 1/2 years to work at Gracie Dixon Centre assisting with kitchen duties, cooking delicious morning teas and interacting with our elderly clients.

Volunteer Profile

Why do you like Gracie Dixon so much?
"I love all the staff and clients - I'd be lost if I wasn't here. I enjoy kitchen work, kitchen control, cooking and participating in client activities."

Favourite things . . .

Food: Chinese (all you can eat) and Roast Pork

Colour: Pink and purple

Place: Miara

Music: All types

Hobbies: Speedway and socialising with friends

Past Occupation: Courier Driving Business

Interests: Line Dancing, Camping, Fishing and Crabbing

Place of Birth: Bundaberg

Grandchildren: 4 boys and 2 girls

Other Contributions: Brings "Hot Rods" to the Centre for staff and clients to enjoy



Lyn presenting Certificate of Recognition to Debbie

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.



Sunken Houses

Brad Marsellos + Heinz Riegler

Bundaberg Regional Galleries Collection

Date

1 April to 2 July 2023
Every day 9:30 - 17:00

Cost

Free

Location

Bundaberg Regional Art Gallery

Sunken Houses is a series of images by Bundaberg photographer, Brad Marsellos, capturing the aftermath of the 2013 floods that severely impacted many across the Bundaberg region. The photographs are accompanied by a musical composition, by Brisbane-based composer, Heinz Riegler, and the entire series was acquired by Bundaberg Regional Galleries in 2017. This series of photographs was first exhibited at Bundaberg Regional Art Gallery in 2014, and proved to be a highly emotive and very personal exhibition for the community. Now, 10 years on from the devastating natural disaster, Bundaberg Regional Galleries takes the time to pause and remember with a retrospective showing of the exhibition.

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

Friendships formed with Ability Diverse Program



The Ability Diverse Program provides an opportunity for locals to experience the power of inclusivity and community engagement at a monthly event, which has grown in popularity since its inception in July last year.

Bundaberg Library Ability Diverse Program participants were warmly welcomed at the Gracie Dixon Centre last week as the program expanded with its Let's Make Friends initiative. The Ability Diverse Program provides an opportunity for locals to experience the power of inclusivity and community engagement at a monthly event, which has grown in popularity since its inception in July last year.

Council's Arts, Culture and Events portfolio spokesperson Cr John Learmonth said for the first time the Ability Diverse Program ventured beyond the library's walls with participants mingling with Gracie Dixon Centre patrons and making new friends.

"By bridging these two exceptional community spaces the program aims to create an environment of shared experiences, understanding and connection," Cr Learmonth said.

"The library program has been running for almost a year now and is open to everyone.

"It's specifically aimed toward individuals with diverse abilities offering them an opportunity to engage more meaningfully with the library and its resources.

"The event is carefully crafted to foster a sense of belonging and empowerment, providing a platform for patrons to interact with the library facilities and staff in a supportive and inclusive setting."

Cr Learmonth said Bundaberg Library Ability Diverse sessions were held on the last Monday of every month at 10 am and included a range of activities from robotics and virtual reality to engaging stories, arts, and craft.

Source: [Bundaberg Now](#)

Ability Diverse Program

"These [sessions](#) are inclusive to a range of various abilities so that Bundaberg Regional Libraries are serving as much of the community as possible," he said.

"There is no cost involved in attending these programs, which have been transforming lives since its inception in July last year.

"The focus is solely on creating an environment where individuals can thrive, discover new passions and build lasting connections within the community."

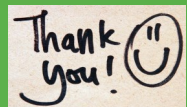
Ability Diverse Program

When: Last Monday of each month at 10am

Where: Bundaberg Library



Compliments to Gracie Dixon Centre



The Community Services programs under Bundaberg Regional Council believe that all feedback received is important and allows us to monitor, improve and maintain quality of services provided. We are committed to a fair, just and timely resolution to all Input, Feedback and Complaints.

Thank you to those people who have completed Feedback Forms. The recent forms contained so many wonderful compliments which shows that our staff are doing a great job and are appreciated by many of you.

"My husband Bob attends your Group, he looks forward to going and I know he is so well looked after and safe. You offer so much more than I can give and I am so grateful for your kind and caring ways."

Lyn Frost and all of her staff are very good, no matter where you go in the world. You could not get better staff. They treat you like King & Queens.

"There is not a thing about Gracies I can complain about. The Staff are above wonderful. Nothing is too much trouble for them. I enjoy all the activities we are involved in as well as in the Centre and any outing we may go on. This is all I can say."

"As a client of Gracie Dixon I have nothing but praise for the service. I have a form of Dementia but even though I forget many things, however I never forget to get up and get ready for my day at Gracie Dixon. I will admit I've even got up on weekends and was about to get ready for Gracie Dixon only to realise it was the weekend. I love the companionship with my fellow clients. I love the entertainment and the little trips we go on. I may not always recall where we went but I know I've enjoyed the outing. I enjoy interacting with the visiting mums and bubs and other visitors. I love the fact that all the staff are welcoming and friendly. Not only do we get entertained but we get well fed with morning tea and lunches. Not only that, but you organise for us to have haircuts if wanted, which is very much appreciated and saves having to sit for ages at the hairdressers. I cannot stress enough what a wonderful job the staff at Gracie Dixon do. They truly are a blessing."

"I enjoy coming here. The people are very nice and friendly and they make me welcome. The meals are lovely, nothing to complain about that."

"Very happy with the wonderful staff and facilities at Gracie Dixon. Meals are nutritious and filling, and plenty of it. Brian gets the opportunity to meet new people and do new activities. Can't thank the service enough for what they do."

"All the staff at Gracie Dixon are wonderful! (helpful and caring) and go above and beyond! The Centre provides a wonderful and valuable service and does it very well. A big thank you to all the musicians who attend and make the Gracie Dixon experience even more enjoyable! Thank you."

“What’s in my Cup?”

I Love this Analogy:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

“Because someone bumped into me!!”

Wrong answer...

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out.



Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It’s easy to fake it, until you get rattled. So we have to ask ourselves...

“What’s in my Cup?”

When life gets tough, what spills out?j

Joy, gratitude, peace and humility?

Anger, bitterness, victim mentality and quitting tendencies?

Life provides the cup, YOU choose how to fill it.

Today let’s work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and love for others...

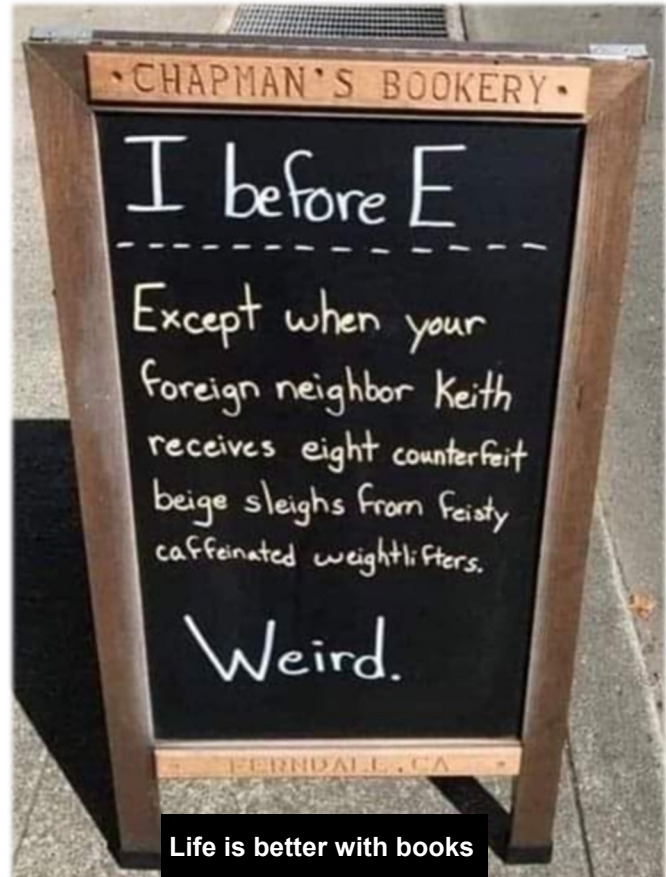
👍 Laugh of the Day



Fun with my fur-baby



Midlife crisis on a budget



Life is better with books

Prioritising Yourself as an Ageing Woman

As a woman, you may be worried about ageing and the challenges and changes that come with it. However, all the signs show that women get better with age.

To grow old confidently, it's important to embrace the ageing process, check in with yourself, and to prioritise yourself.

We hope this advice will help if you are a woman worried about growing into your later years.



Embracing your age

Society has given us so many reasons to think of getting older as a bad thing; a survey shows that three-quarters of older women feel misrepresented by the media. However, studies reveal that many older Australian women are feeling better with age.

"Women in the over 55 demographic are in the prime of their lives and having the time of their lives - a force to be reckoned with and the glue that holds generations together."

-Maria Welch, Publisher at Platinum Magazine

There are brilliant benefits that are unique to being an older woman, such as:

1. You command respect
2. With age comes wisdom
3. You can put yourself first
4. You're more likely to succeed
5. You get to watch your family grow

6. You can enjoy the fruits of your labour
7. You have time to pursue dreams and hobbies
8. Social relationships later in life cultivate more positivity
9. Australians at retirement age are reported to have the highest level of happiness

Prioritising yourself

As you age, you may find yourself facing new difficulties. Women, especially grandmothers, are often seen as the glue of the family. Studies show that older women who are acting as a caregiver are **six times more likely** to experience depression or anxiety, and are at **increased odds** of retiring earlier than they would like.

It's important to learn to prioritise yourself as you age, especially when your needs and abilities are changing.

Here are some steps you can take to put yourself first every day:

1. Tend to your needs before doing things for anyone else
2. Engage in 30 minutes of exercise, like a walk, arm raises or side circles
3. Don't push yourself to do anything you feel unfit to do

4. Set boundaries with family, carers and friends
5. Listen to music you love
6. Start a gratitude journal
7. Spend time on a hobby
8. Prioritise "me" time

Checking in with yourself

“How are you?” is a question we ask each other every day. But have you asked yourself lately?

Check in with yourself and make sure you're doing okay. It's easy to get stuck in a rut or to get comfortable in your ways.

If you're feeling down, ask yourself these questions:

- Do I feel confident?
- Are my needs being met?
- Am I comfortable where I am living?
- Is there something I want to change?
- Am I doing things that make me happy?
- Do I have access to everything I need for my health?
- Do I feel safe in my relationships with my family, carers and friends?

- Are my family members expecting too much from me?
- Do I trust those I am close with?
- Do I have a support network?
- Do I have friends of my own age who I can talk to?
- Am I financially secure?
- Am I in control of my own finances, assets and property?

If your answers to these questions are not what you'd like them to be, it's okay to reach out for help.

If you are feeling worried about your finances, we can offer a free financial wellness check for you, and provide you with access to resources to help get back on track. We offer helpful ideas to save money as a senior.

If you're feeling like you need some extra support, our free Senior Relationships Services (SRS) can help you explore your concerns and provide possible solutions in a safe and supportive environment.

You can learn more about the SRS by calling 1300 063 232.

FEELING SUICIDAL?
CALL LIFELINE
13 11 14

IF YOU'RE IN
IMMEDIATE DANGER,
CALL
000

Relationships Australia
QUEENSLAND 1300 364 277
Mon-Fri 8am-8pm / Sat 10am-4pm

The History of 'APRONS'

I don't think our kids know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a pot holder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, the aprons were ideal hiding places for shy kids.. And when the weather was cold, Grandma wrapped it around her arms. Those big old aprons

wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.



From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Remember...



Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron. I don't think I even caught anything from an apron - but love...

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

Happy 104th Birthday Jack

Front Page Cover Story

Gracie Dixon Centre client, Jack Sulsters, celebrated his 104th Birthday on 21 April 2023. Jack commenced at Gracie Dixon Centre on 4 May 2022 at a tender age of 103!

Unfortunately Jack celebrated his birthday in hospital however all of the Gracie Clients went ahead and had a birthday party for Jack at the centre. We decorated the centre had live music as Jack loved to dance and join the band playing his clarinet. The family dropped off an amazing birthday cake and we all sang Happy Birthday to you Jack. We miss you terribly and hope that your new home is filled with joy and comfort.





It's all happening @ Gracies: Mother's Day Craft



Marion: Winner of Mother's Day Raffle



Coat Hangers Donated by Brian's wife, Judy



More Talented Clients @ Bargara Respite



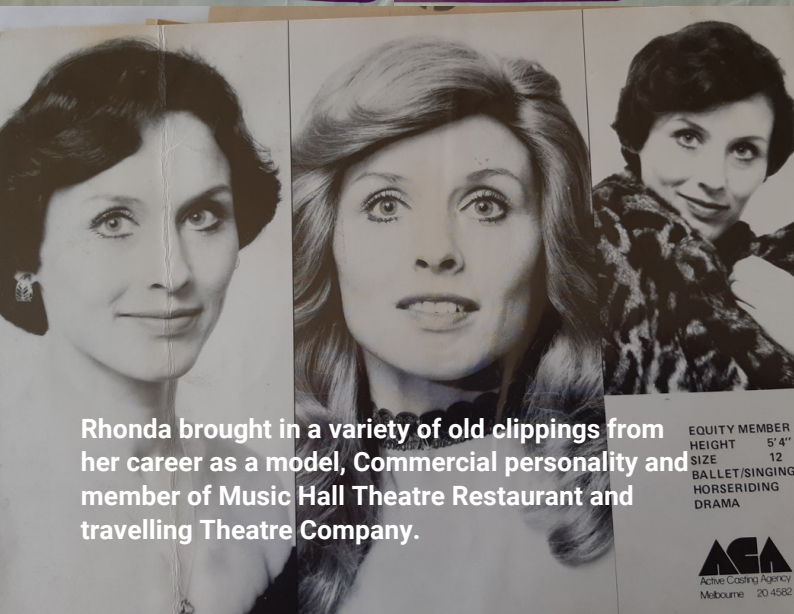
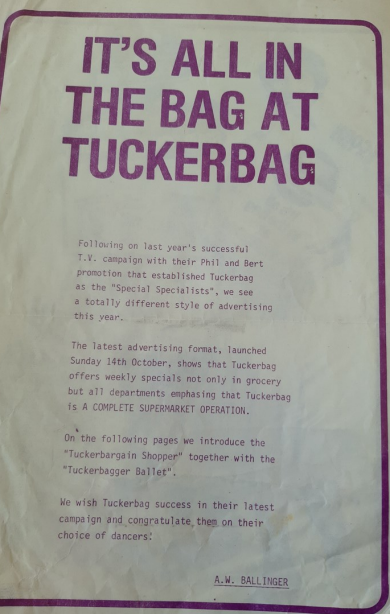
Alf & his wife, Val, donated crocheted little cats, rabbits & teddy bears



Rhonda Delaney's amazing career



Our happy hostess is Rhonda Stroud, Manageress of the Ambassador Motor Inn at 325 Nepean Highway in Frankston.
AMBASSADOR Hotel manageress, Rhonda Stroud, draws the winning ticket for the Karingal Lions Club "Christmas Trailer" raffle, watched by the club's first vice-president, Alan Carlton.
The first prize — a giant Christmas stocking — was won by Mrs Helen Oakman, of Sharon St., Springvale South. Second prize of a trailer went to T. Campbell, of Cedar St., Langwarrin, and third prize of a bicycle to J. Davey, of Army Rd., Fakenham. Raffle proceeds went towards the Karingal Lions' community service work.



Rhonda brought in a variety of old clippings from her career as a model, Commercial personality and member of Music Hall Theatre Restaurant and travelling Theatre Company.

EQUITY MEMBER
HEIGHT 5'4"
SIZE 12
Ballet/Singing
HORSERIDING
DRAMA



It's all happening @ Gracies: Crazy hair & Mexican

