



## “Scenic Drive to Bucca Crossing”

Gracie Dixon Centre  
Community Care News

August—September 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

## A Message from the Coordinator

Hello everyone,

Lets start with some trivia : Did you know that Home services contribute to the wellbeing of older Australians and assist well over 800,000 older Australians across the country who benefit from Commonwealth-funded home services which include Home Care Packages, Commonwealth Home Support Programme services, and flexible services delivered in their home. These services play a vital role in enabling individuals to continue living safely and as independently as possible in the community, for as long as possible.

Looking into the National Seniors newsletter I was reading where the eligibility age for the Aged Pension will be set at 67 from July. But already there are calls for it to be extended to 70 years. So your generation of Australian men could retire at 65 receiving the Aged pension. For women, the pension age was long set at 60. But that all changed a decade ago taking it to 67 for all Australians, effective on 1 July 2023. The reason the Government said they were lifting the age was because of life expectancy. We are living longer than our parents and grandparents, we should remain in the workforce longer than them. The suggestion now is to increase to 68 by 2030, rising to 69 in 2036 and 70 by 2050. Professor Shang says Australia's low birth rate is one of the key factors impacting the number of workers who will be available to sustain an ageing population. What that means is less working people to support elderly people. This will also create a burden for government pensions. So my question to our wise clients :- Is there another way? We already know that many people have health issues by the time they are 65 and simply cannot continue to work. I look forward to some discussions in our reminiscing program to hear your thoughts on this subject.

A reminder to all that Oceanfest Bundaberg will be held on Saturday 26 August 2023. Entry is free, celebrate the delicious local, wild caught seafood harvested from the Southern Great Barrier Reef at the Port Marina Precinct. Enjoy a local seafood focused menu, ocean orientated attractions and displays for all ages.

To our new clients and carers I would just like to say welcome to Gracie Dixon we all hope that your experience is joyful. Please feel comfortable to express your concerns so that we can work though any issues you may have. The team welcomes feedback both positive and negative and there are forms at the front foyer you can complete if you wish to remain anonymous. We will attach a form to the back of this newsletter for anyone wishing to complete in the comfort of their own home.

Stay safe

*Lyn*

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<b>Branch Manager Community Services:</b>	Kirstin Harrison
<b>Gracie Dixon Centre Coordinator:</b>	Lyn Frost (Acting Coordinator Alayna Banks)
<b>Gracie Dixon Centre Administration:</b>	Dianne Fenton
<b>Senior Community Care Worker:</b>	Julia Da Silva
<b>Community Care Workers:</b>	Diane Hillyard, Jodi Arthy, Jennarah Hall.



# A message from the Coordinator

Hi! By now, most of the clients, their families and/or carers would have been introduced to me or may have seen me around the Centre these last few weeks.

My name is Alayna Banks, and I am the Acting Coordinator for Gracie Dixon Centre, whilst the regular coordinator is away on leave. It's been an absolute pleasure getting to know you all and I have been really enjoying my time at Gracies.

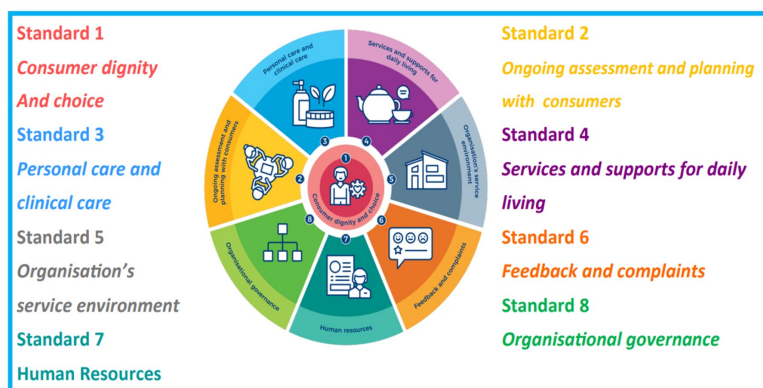
Here is just a little bit about myself and my background. I am originally from America, from the not-so-tiny town of Chicago, migrating to Australia in 1988. I have been working in the aged care sector for 18 years and have had the privilege of caring for and supporting many beautiful elderly people in residential care and in the community. I am passionate about dementia care and have focused a lot of my training in this area.



I genuinely care about the people who live with this terrible disease and for their family, friends and carers that are struggling everyday to do the best that they can in caring for and supporting their loved ones. I never underestimate what a smile can do for someone, and I believe that a little kindness goes a long way. If anyone ever needs that little bit of extra support or have any questions or concerns, or may just need someone to listen, my door is always open. Hope you all have a wonderful week. Till next time ~ **Alayna x**

## Aged Care Quality Standards

Service Providers providing Commonwealth subsidised aged care services are required to comply with the Aged Care Quality Standards (Quality Standards). When we have our audit we are assessed and must be able to provide evidence of our compliance with and performance against the Quality Standards. The Quality Standards focus on outcomes for the consumers (clients) and reflect the level of care and services the community can



expect from organisations that provide Commonwealth subsidised aged care service. The Quality Standards are made up of eight individual standards. In 2021 the Royal Commission into Aged Care Quality and Safety recommended that the current Standards be reviewed and for Standards to include key areas such as food, dementia, governance and clinical

care. The Department of Health and Aged Care is in the process of finalising its review and advising Government of the outcome including delivering a set of strengthened Quality Standards. Until the strengthened Standards are finalised, we will continue to use the existing Standards.

**Source:** <https://www.agedcarequality.gov.au/about-us/stronger-standards-better-aged-care-program>



*Providing services to help you remain in your own home*

# Dementia Café held April to October 2023

## Gracie Dementia Café

**When:** 5 September 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 Speaker for September will be Denise Hodder (Dementia Advisor)



Dementia Advisory & Support

**Topics:** 1. Making a difference in the life of someone with Dementia  
2. Brain Health

*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](mailto:gracied@bundaberg.qld.gov.au) or phone **4130 4120**

Long term volunteer, **Rod Bryant**, has dedicated many years attending Gracie Dixon Centre to entertain our clients.

### Volunteer Profile

#### Favourite things . . .

- ☺ **Food:** Roast Dinner
- ☺ **Colour:** Red
- ☺ **Place:** Park - with my guitar
- ☺ **Music:** All sorts
- ☺ **Hobbies:** Music and Entertaining

**Past Occupation:** Railway Man 3rd Generation for 40 years

**Interests:** Puppy, Gardening, Family

**Place of Birth:** Bundaberg



Lyn presenting Certificate of Recognition to Rod

# Medical / Patient Health Summary



Gracie Dixon Centre Coordinator is asking for a copy of your **Patient or Medical Health Summary**. You can obtain this from your GP. This information is very important and assists our staff to provide better support for our clients. Medical information also assists the paramedics if an Ambulance is called.

The document will include the patient's medical conditions, medications, allergies and Immunisations. We are required to keep our Client Care Plans up-to-date on a yearly basis which includes changes in mobility, personal care, dietary needs, change of address, family contact details and an updated summary of current medications and medical diagnosis. A reminder note has also been sent home. All of our documents are kept private and confidential, however current medical conditions will be provided to paramedics in the event of an emergency.



## Dress up - Theme Days

Dress up Theme Days at the Centre is a regular inclusion in our Monthly Program. Theme Days are fun and enables the opportunity to capture some colourful and funny photos.

However, dressing up for our Theme Days is *not compulsory*, so if you are not comfortable in participating, that is your choice and our staff are happy with the decision you have made.



### September Theme Days

*Friday 1 September: Tie Day*

Wear a colourful tie to celebrate Father's Day

*Wednesday 20 September: Talk like a Pirate Day*

Create your own version of a Pirate



### October Theme Days

*Friday 6 October: Mad Hatter Day*

Wear a crazy hat and enjoy our High Tea

*Friday 13 October: Black Friday*

Wear something black



*Tuesday 17 October: Gaudy Dress Day*

Wear something overly bright & mis-matching



# Dementia & the brain

## What is Dementia?

*Dementia is a progressively degenerative disease or syndrome which affects the brain*

- is an umbrella term to describe a number of symptoms such as memory loss (long and short term), thinking abilities, personality and behavioural changes
- is NOT part of the normal ageing process
- young people (65 and under) can have dementia
- is due to ORGANIC change
- is INDIVIDUAL



## Dementia affect the brain

- Controller of nervous system
- The brain gets the messages from your senses - seeing, hearing, tasting, smelling and touching
- The Brain's Blood Supply: oxygen and nutrients to the brain

## Types and forms of Dementia

### Preventable Dementia?

Vascular Dementia: Stroke, Heart disease, Diabetes, High blood pressure

- Anoxia: lack of oxygen: electric shock, heart attack, near drowning
- Trauma: head injury (football, violence, car accident, fall, heat stroke)
- Infections: HIV, brain abscess
- Toxin: alcohol & substance abuse

**Degenerative and genetic diseases** like Alzheimer's disease, Parkinson's disease, Lewy Body Dementia, Multiple Sclerosis, Down Syndrome, Huntington's disease, Fronto Temporal dementia, Brain diseases

**Space Occupying lesions:** brain tumour, cancer

**Others:** epilepsy

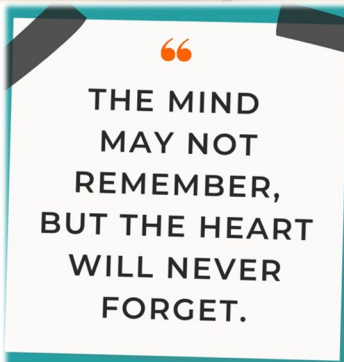
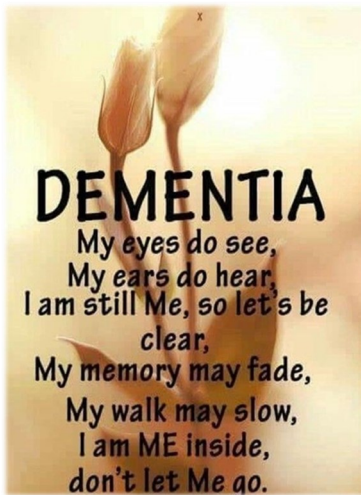


### Alzheimer's Disease

- ⇒ Alzheimer's Disease is the major type (50-70%) of dementia
- ⇒ It is a degenerative disease created by organic damage which affects the brain progressively in which there is no cure. Do not know what causes AD.
- ⇒ 1. Amyloid Plaques
- ⇒ 2. Neurofibrillary tangles
- ⇒ 3. Neurotransmitter Deficit
- ⇒ 4. Atrophy

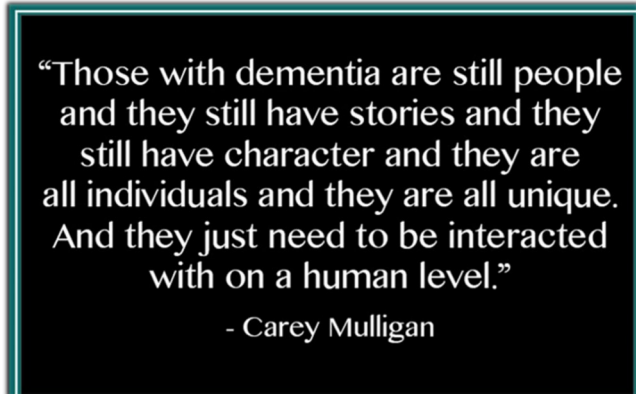
Source: Lorrae Vince O'Rourke CARERS OUTLOOK 2023

# Dementia & the brain



## Changes

- Physical: balance, strength, movement, falls
- Intellectual: memory, thinking, reasoning, problem solving, driving, finances
- Communication: vision, hearing, reading, writing, verbal
- Sensory: perceptions of space, visual perceptions, sounds, touch, taste, smells
- Psychological: depression, anxiety, delusion, hallucination, insecure, suspicious, frustration, angry, withdrawal
- Behaviour: wandering, shadowing, sleep disturbance, outbursts
- Incontinence: bladder, bowel
- Eating disorder: aspiration
- Palliative Care: end-of-life, death



## Social Changes

- The way you operate daily
- Routine: daily living tasks, recreational
- Relationships: isolation, loneliness
- Observe and listen to body language
- Finances: less income, more medical expense, government assistance
- Housing: Retirement Village, downsizing, nursing home access
- House modifications
- Privacy changes
- Stigma: friends, family, community

## Dementia: Organic Change

- We don't know how to STOP the Change
- Dementia is a terminal illness
- Keep the brain and body as healthy as possible: diet, exercise, stimulus, rest, sleep

Dementia is our most-feared illness,  
more than heart disease or cancer.

David Perlmutter

# 6 Facts about a person with Dementia

## ***I can still smell the flowers***

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

## ***I can still communicate***

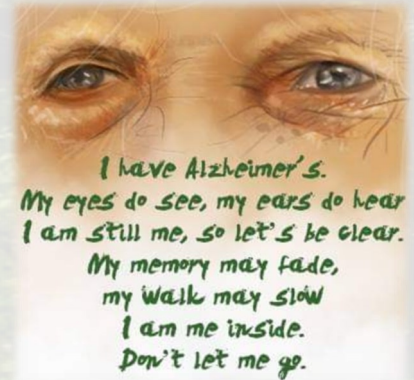
I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

## ***I can still sing***

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

## ***I can make decisions***

I don't have the judgement I used to, but I can still make decisions. Give me choices.



## ***I can still wash my face***

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction.

## ***I can still move my body***

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

Source: [crisisprevention.com](http://crisisprevention.com)

## Quizz: Find the Hidden Colours in these sentences

We'll go in Jim's **car**. Let's leave at six o'clock. --- **Answer: Scarlet**

### Questions

- 1 He let out a loud yell, owing to the injuries he received when he fell \_\_\_\_\_
- 2 Showing envy or anger is considered wrong \_\_\_\_\_
- 3 Her left eyebrow never fades, because it is a tattoo \_\_\_\_\_
- 4 The money is for Edward \_\_\_\_\_
- 5 I'm a gent and a ladies man \_\_\_\_\_
- 6 Dressed in colorful costumes, the children were clapping and singing old folk songs \_\_\_\_\_
- 7 Crusoe was marooned on an island for years \_\_\_\_\_
- 8 An open gate always welcomes visitors \_\_\_\_\_
- 9 The lamb lacked the strength to fight the wolf \_\_\_\_\_
- 10 Don't drop ink on your shirt! \_\_\_\_\_



# “Let Them Live”

## When parents grow old...

Let them grow old with the same love that they let you grow...

Let them speak and tell repeated stories with the same patience and interest that they heard yours as a child...

Let them overcome, like so many times when they let you win...

Let them enjoy their friends just as they let you...

Let them enjoy the talks with their grandchildren, because they see you in them...

Let them enjoy living among the objects that have accompanied them for a long time, because they suffer when they feel that you tear pieces of the life away...

Let them be wrong, like so many times you have been wrong and they didn't embarrass you by correcting you...

LET THEM LIVE and try to make them happy the last stretch of the path they have left to go; give them your hand, just like they gave you their hand when you started your path!



## Laugh of the Day

### travel bucket list

### A Travel Bucket List

1. When one door closes and another door opens, you are probably in prison.
2. To me, “drink responsibly” means don't spill it.
3. Age 60 might be the new 40, but 9pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, “The other day,” I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, “Did you bring the money?”
11. When you ask me what I am doing today, and I say “nothing,” it does not mean I am free. It means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask, “Why, what did you hear?”
16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminium can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like “East.”
19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people “Cops.”
21. My luck is like a bald guy who just won a “comb.”

## Older People and Gambling

Gambling is engrained in Australian culture. However, when gambling becomes harmful instead of positive, it can have severe consequences. Older Australians have the highest rates of many types of gambling and are particularly at risk of gambling harm. We'll go through the signs of gambling harm in older people and how you can help an older loved one you may be worried about.



### Signs of risky gambling in seniors

Gambling becomes harmful when it starts to have negative consequences on the person's life and wellbeing.

Signs that gambling is becoming harmful may include:

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Sudden decrease in wealth</li> <li>2. Lying about their gambling</li> <li>3. Stress, anxiety, panic attacks</li> <li>4. No other hobbies beside gambling</li> <li>5. Using pension funds or savings to gamble</li> <li>6. Increasing the amounts they are gambling</li> </ol> | <ol style="list-style-type: none"> <li>7. Gambling in the hopes of winning back losses</li> <li>8. Not being able to set limits on gambling activities</li> <li>9. Bragging about gambling wins or minimising losses</li> <li>10. Irritability when asked about gambling or when not gambling</li> </ol> |
|---|--|

### Worrying numbers

Research shows that older Australians are more at risk of gambling harm than other age groups. Over **23%** of older Australians play the pokies, compared to only **16%** of the general adult population. Over **63%** of older Australians play the lot-

### Why older people gamble

Studies show that older Australians gamble due to loneliness, the need for social interaction, and ease of access.

#### Social isolation

Social isolation is a major cause of loneliness amongst the elderly. A study by Relationships Australia reveals that over **27%** of retired Australians feel lonely.

Older people are at risk of social isolation due to factors such as mobility issues, friends or spouses passing away, and retirement.

#### Ease of access

Gaming venues in Australia tend to offer promotions targeting older people. Incentives may include cheap meals for seniors, free entertainment geared toward as older audience, and free shuttle buses to and from venues.

These promotions make gambling easy for older people to access, but they can also exploit older people's vulnerabilities.

IF YOU'RE IN  
IMMEDIATE DANGER,  
CALL  
000

FEELING SUICIDAL?  
CALL LIFELINE  
13 11 14

**1300 364 277**  
Mon-Fri 8am-8pm / Sat 10am-4pm

Relationships Australia  
QUEENSLAND

Source: [raq.org.au/blog](http://raq.org.au/blog)

# 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

## Recent Birthdays @ Gracies



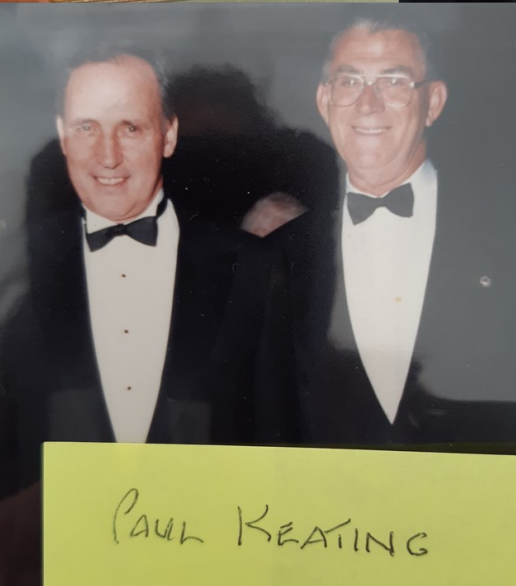
# Talented Clients @ Bargara Respite



John displaying one of many Jigsaw Puzzles that he has completed



Bill displaying one of his free-hand drawings that he completed in 1999.



PAUL KEATING



COL WAS OUR BEST AMBASSADORE

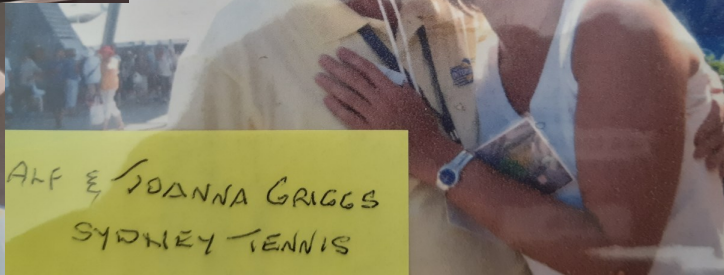
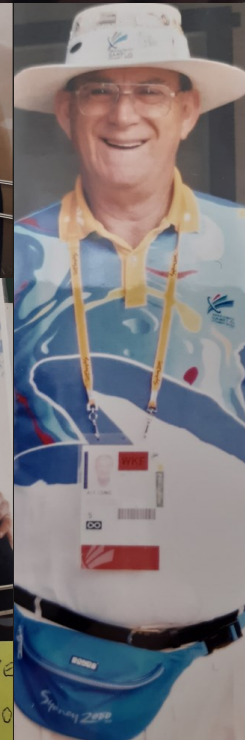


DAWN FRAZER

Alf was connected with many famous people & celebrities during his younger Volunteering years



Mayor - Col - Alf



ALF & JOANNA GRIGGS SYDNEY TENNIS



SENIOR CITIZIN OF THE YE  
MAYOR, ALF, COL, DEP MAYO



AUSTRALIA OAM COL JOYE  
SENIOARS AWARDED AMBASSADORE

# It's all happening @ Gracies: PJ's & Xmas in July



# It's all happening @ Gracies: Horses Birthday Craft



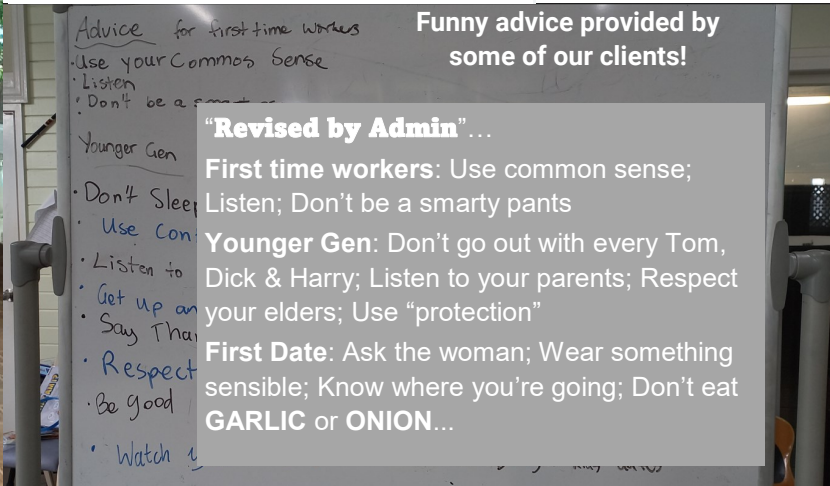
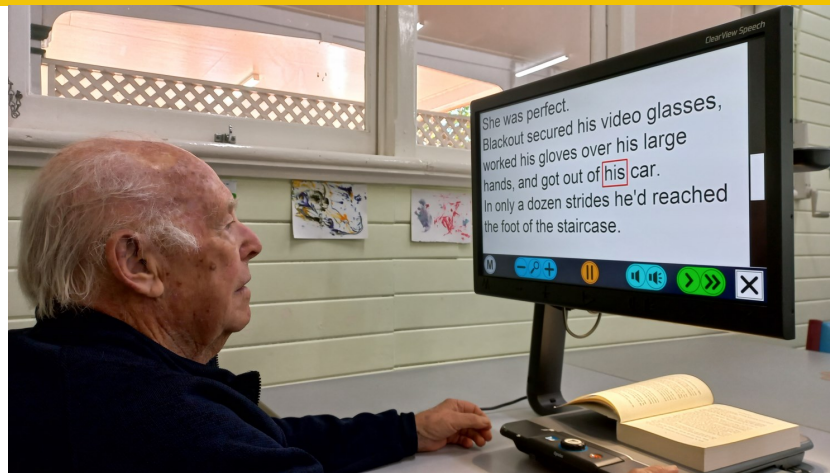
# It's all happening @ Gracies: Slime Day St Joseph's





## Book Reader donated from

**Just Better Care:** Just Better Care staff kindly donated a Book Reader for our clients to use at the Centre. This enables our clients to continue their skill of reading as the page is magnified on the monitor, reads the words out loud and highlights each word to follow. Derek was our first time user and said it was helpful having the larger text. We are still testing the functions of scanning pages and adjusting the speed of the Reader.



## Quiz: Find the Hidden Colours in these sentences

### Answers

- 1 He let out a loud **yell**, **owing** to the injuries he received when he fell
- 2 Showing envy **or anger** is considered wrong
- 3 Her left eye**bro**w never fades, because it is a tattoo
- 4 The money is for **Ed**ward
- 5 I'm a **gent** and a ladies man
- 6 Dressed in colorful costumes, the children were clapping and singing **old** folk songs
- 7 Crusoe was **marooned** on an island for years
- 8 An open **gate** always welcomes visitors
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