



## Scenic Drive to “Jim’s Sculpture Trail”

# Gracie Dixon Centre

## November - December 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,

I am very happy to report that our **Government Audit** is now completed. We had three Auditors at Gracie Dixon for two full days with several meetings between the three coordinators and our Manager of Community Services. Clients, staff, volunteers and phone calls to a large number of carers throughout the region was also conducted by the auditors. Whilst we await the final written report the exit meeting did identify that the activities on offer for clients at Gracie Dixon are outstanding. One auditor said he would love to show case our activities to nursing homes and respite centres in the Brisbane area. A big thank you to our staff for an amazing effort and to all the clients and carers who spoke so highly of the Centre.

This is our last newsletter for 2023 and yes it is that time again when I am writing the Christmas letters on behalf of Santa to my grandchildren. The eldest of three has reached that age of "Is Santa real"? So he sent Santa a letter asking to prove he is real by leaving a very expensive gift such as an electric motorised scooter under the tree. I have some thinking to do about this letter but guess I will assure him that Santa is the magic, love and the spirit of giving to others. I am quite sure whatever is under that tree on Christmas morning he will love however his expensive request will not be delivered.

### Weekly Lunch Menu

I have noticed a lot of carers asking what their loved ones are served for lunch each day. Tom Quinn have a rotating roster that rotates over a four week period. I thought I would list 2 weeks menu served at the centre so that carers have an idea of what type of food is consumed.

- ∞ Honey Soy Chicken & Vegetables with Lamingtons & Cream
- ∞ Curry Pork and Vegetables with Pavlova and Fruit Salad
- ∞ Spaghetti Bol with Carrot Cake
- ∞ Beef Burgers and Chips with Apple Crumble and Custard
- ∞ Bangers, Mash and Veg with Ice Cream & Jelly
- ∞ Grilled Hawaiian Chicken Breast with Veg and Pavlova and Fruit Salad
- ∞ Quiche Lorraine and Salad with Trifle
- ∞ Sweet & Sour Pork with Fried Rice and Sticky Date Pudding

### Gracie Seniors and St Josephs Year 5 Students

During 2023 we were lucky enough to have the year 5 students from St Josephs join us on a Friday afternoon once a month for activities. It has been a very worthwhile program where youth and seniors connect together to share stories from seniors who are a wealth of knowledge for the younger ones. Young people are also in a better position to understand seniors vulnerability and frailness .

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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, Aman Singh
Community Care Trainee:	Hayley Kirkwood



# A message from the Coordinator

Friendships have developed in both seniors and youth bringing together a wonderful example of community spirit. The children wrote some special thank you cards for our seniors on their last visit to the centre in November. We are all looking forward to a new group of year 5's visiting us in 2024.

## Thank-you to Community Workers

A very big thank you to all of our entertainers, volunteers, hairdresser and students for helping to deliver a mighty service on a daily basis throughout the year. We could not have done this without your help. A special thank you to Deb in the kitchen for baking all of the delicious morning teas and to Tom Quinn for the wonderful lunches delivered daily on site each day.



## Reforming in-home aged care

The new Support at Home program plans to start 1 July 2025. The reforms will address key issues raised by the Royal Commission into Aged Care Quality and Safety to ensure

In-home aged care:

- Is simple to access and understand, with one assessment process
- Gives people timely access to safe and high-quality services
- Gives people real choice and control in determining their services
- Has fair and transparent fees, that fund delivery of high quality care.

The new Support at Home program is planned to start 1 July 2025.

There will be a single assessment system from 1 July 2024 to simplify and improve access to aged care services for older people.

Current in-home aged care programs will continue operating as normal until 30 June 2025.

- Commonwealth Home Support Programme (CHSP)
- Home Care Packages (HCP)
- Short-Term Restorative Care (STRC) Program
- Residential Respite.

The new Aged Care Act will be ready by 1 July 2024 with a list of new responsibilities for all providers to read and follow. Answers to frequently asked questions on the new model for regulating aged care and the new Aged Care Act are available on the department's website. Visit: [agedcareengagement.health.gov.au](https://agedcareengagement.health.gov.au)

## Christmas Lunch

Our Christmas lunch will be held at the Main Pavilion of the show grounds, Kendalls Road Avoca on **Friday 15th December 2023**.

Please notify Di at the front counter if you will be attending for catering purposes. Our theme for Christmas this year is "Christmas in the Bush". All of the local entertainers will be joining us for music, dancing and lunch. Due to a large number of clients, the invitation only extends to our clients which will be invoiced at the usual daily fee. Cost for mowing and domestic clients will be \$19. Merry Christmas Everyone and a Happy New Year.



Stay safe, *Lyn*



# Dementia Café held April to October 2024

## Gracie Dementia Café

**When:** 2 April 2024

**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 April will be confirmed closer to the date.



*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, **Julie Simpson**, has dedicated her time for nearly 2 years at Bargara Respite and on occasions at Gracie Dixon Centre.

### Volunteer Profile

I love Gracies at Bargara because, not only our clients Enjoy and benefit from our activities, so do I. It's a great Place to socialise and enjoy!

#### Favourite things . . .

- ☺ **Food:** A good ham sandwich
- ☺ **Colour:** Blue
- ☺ **Place:** Looking over the ocean
- ☺ **Music:** Everything except RAP and Elvis (lol)
- ☺ **Hobbies:** Family history and memoirs for others

**Past Occupation:** In Bundaberg – Aged Care Professional and in Sydney - 000  
Emergency Operator

**Interests:** History - Ancient and American Civil War





**Place of Birth:** St Leonards, Sydney

**Other Contributions:** Music Therapy with others



# Free Financial Counselling Services

Bundaberg and District Neighbourhood Centre is an inclusive organisation whose role in the community is to assist individuals and groups by providing information, advice, and referrals to a range of support services.

FREE FINANCIAL COUNSELLING SERVICES IN BUNDABERG			
Organisation Details	Financial Care Available	Opening Hours	Appointment Required
 <p>National Debt Helpline 1800 007 007 <a href="http://ndh.org.au">ndh.org.au</a></p>	<p>When you are in financial trouble, your first port of call should be the National Debt Helpline providing you with free advice to help you move on. If your matter is more complex, they can refer you to your closest face-to-face financial counselling service or legal services, crisis food and accommodation services, and health services.</p>	<p>Weekdays 9:30am–4:30pm</p> <p>Live chat on website is available</p>	<p>No</p>
 <p>Uniting Care Financial and Resilience Wellbeing Cnr Penny St &amp; River Tce Millbank Bundaberg 4153 8400 or 1800 007 007 <a href="mailto:bundaberg@uccommunity.org.au">bundaberg@uccommunity.org.au</a></p>	<p>Services include free confidential and independent support for people experiencing financial difficulties. Struggling to deal with debt. Help with budgeting and financial literacy/education.</p>	<p>Monday–Thursday 8:30am–4:30pm</p> <p>Friday 8:30am –2:00pm</p>	<p>Yes</p>
 <p>Regional Housing Limited Commonwealth Financial Counselling 4153 1239 or 1300 642 123 <a href="mailto:info@regionalhousing.org.au">info@regionalhousing.org.au</a></p>	<p>CFC helps eligible people address their financial problems through the provision of information, advocacy and/or negotiation on behalf of the customer. It also aims to help people build longer term budgeting capabilities, better manage their money and make informed financial decisions. Eligibility is restricted to people unable to pay their bills or at imminent risk of not being able to do so. This service is available to eligible persons throughout the Wide Bay-Burnett region.</p>	<p>Weekdays 9:00am–4:30pm</p>	<p>No</p>
 <p>Rent Connect Bundaberg Housing Service Centre 16 Quay Street Bundaberg <a href="mailto:bundaberghsc@hmv.qld.gov.au">bundaberghsc@hmv.qld.gov.au</a> 4331 7900 or 1800 809 835</p>	<p>Rent Connect officers can give information about financial assistance available through the department such as bond loans and rental grants and may also put people in contact with local real estate agents and providers of community services.</p>	<p>Weekdays 8:30am–4:30pm</p>	<p>Yes</p>

For more information, contact Bundaberg & District Neighbourhood Centre:

**Phone:** 4153 1614 **Email:** [info@bundabergneighbourhoodcentre.org.au](mailto:info@bundabergneighbourhoodcentre.org.au)

**Address:** 111 Targo Street, Bundaberg

**Source:** <https://www.bundabergneighbourhoodcentre.org.au/>



# Dementia Checklist

## Checklist: Role of the Family Carer along the Journey of Dementia

### Essentially two-fold

- Care for self
- Carer for caree or care recipient

### Carer for self:

Not selfish to do so; perhaps selfish to NOT do so

Christian perspective:

- ◆ Love thy neighbour as yourself
- ◆ Do unto others as you would wish done to you



### Why care for self?

- To better carer for your loved one
- What will happen if I can't continue
- Do you believe anyone else will care for your loved one as you do?
- Legal requirement through Power of Attorney

### How do you care for yourself?

- Regular visit to GP
- Eat well balanced meals
- Exercise
- Find time for self (read, meditate, pray)
- Respite to be rejuvenated

### What are the drivers for you to care:

- Love
- Respect
- Duty
- Social pressure
- Family expectations

### What is it that will help keep you on track?

- Mission statement as an example
- Keep a diary or record book

### What are the limits for you as a carer?

- Abuse/fear for own safety
- Faecal incontinence
- Mental/emotional breakdown
- Poor health or injury

### How open are you to seek and accept help?

- No man is an island (John Donne)
- What family, friend, neighbour support is there?
- Use your resources for your needs (forget the inheritance to children)
- Organise finances e.g. Banking, Reverse Mortgage
- Organise legalities, accommodation near resources - like hospitals
- Consider transportation or travel time
- Register on Carer Gateway, My Aged Care, Carer financial assistance
- Plan for emergencies e.g. if carer is injured or sick; plan for care of pets

Source: Lorrae Vince O'Rourke CARERS OUTLOOK 2023

# Dementia Checklist

## To know helps to cope and plan ahead

- About dementia
- About medications
- About behaviours
- Above the emotional roller coaster ahead

## Dealing with Change

- Patience
- Acceptance of inevitability
- Find a confidante or write
- Speak/socialise with other carers
- See counsellor, use the phone, chatlines

## Are you ready to face the reality of permanent care?

- Usually, you will know when (safety, carer exhaustion, 24 hour a day nursing care)
- Research about what is available
- Do not have a mindset of abandonment
- Regular visits
- Reclaim your role beyond caring
- See as extension of your home
- Power of Attorney dictates you give best possible care



## Have you considered the final farewell?

- Death is inevitable
- New form of grief within the Long Farewell
- Allow yourself to feel relief, pain and suffering have ended
- Look forward to positively, as life is full of hidden gifts
- Be proactive to socialise and enjoy meaningful activities

Source: Lorrae Vince O'Rourke CARERS OUTLOOK 2023



## Medical / Patient Health Summary



Gracie Dixon Centre Coordinator is asking for a current copy of your **Patient or Medical Health Summary**. It is very important and assists our staff to provide better support for our clients. You can obtain a copy of your Health Summary from your GP. The Summary should be printed within the last 12 months or if there is a significant change in diagnosis or medications.

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. All of our documents are kept private and confidential, however current medical conditions will be provided to paramedics in the event of an emergency.



# Dog Lovers

## Poem of a Dog...

*I'm the one who's always waiting for you.  
Your car has a special sound that I have imprinted on my senses,  
I can recognise it in a thousand.  
Your steps have a magic bell, your voice is music to my ears.  
If I see your joy, it makes me happy! Your scent is the best.  
Your presence moves my senses, your waking up wakes me up.  
I contemplate you sleeping and for me you are my God,  
I am happy watching your sleep. Your look is a ray of light.  
Your hands upon me, hold the lightness of peace and the  
sublime display of infinite love.  
When you leave, I feel a huge void in my heart.  
I keep waiting for you again and again.  
I am the one who will wait for you all your life... today, tomorrow  
and forever: I am your dog.*



Source: Facebook



## Laugh of the Day



**How many telemarketers does it take to change a light bulb?**



Only one, but he has to do it while you are eating dinner.

**I sold our vacuum cleaner; it was just gathering dust.**



**What do you call a bear with no teeth?**  
A gummy bear.



**Why did the man name his dogs Rolex and Timex?**

Because they were watchdogs.



**Helvetica and Times New Roman walk into a bar.**

“Get out of here!” shouts the bartender.  
“We don’t serve your type!”



**I was just reminiscing about the beautiful herb garden I had when I was growing up.**  
Good thymes.

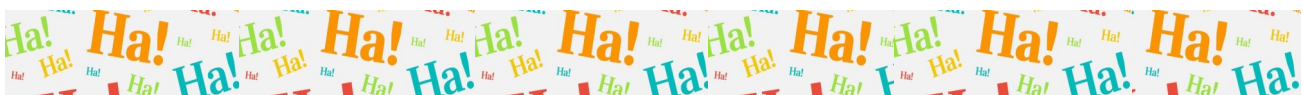
**Did you hear about the mathematician who's afraid of negative numbers?**

**He'll stop at nothing to avoid them.**

**Why do we tell actors to “break a leg?”**

**Because every play has a cast.**

**A cheese factory exploded in France.**  
Da brie is everywhere!





## Pain and dementia

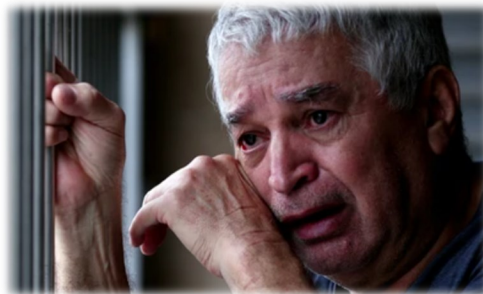
People with dementia may be less able to communicate to their carers that they are in pain, resulting in reduced quality of life. This can be avoided by looking out for non-verbal signs of pain and providing adequate treatment. This sheet provides information about appropriate assessment and management of pain in people with dementia.

### How does pain affect people with dementia?

People with dementia may experience physical pain for the same reasons as everyone else. However, because of their declining brain function and abilities, they may be less able to communicate to their carers that they are in pain. This can result in under-treatment of their pain, and reduced quality of life. Such a situation is avoidable, however, by looking out for non-verbal signs of pain and providing adequate treatment.

### Pain

How we experience physical pain is very individual; pain due to the same cause feels different to each person. We might use a range of different words to describe our pain – uncomfortable, hurting, a twinge, stabbing, burning, throbbing, etc. We might also unconsciously show signs of pain such as facial grimacing or withdrawing the painful body part from touch.



We feel pain because signals are sent from the affected body part to specific areas of the brain. This is a vital function because pain motivates us to withdraw from potentially damaging situations, protect a damaged body part while it heals, and avoid the same situation in the future. Pain can be acute or chronic. Acute pain comes on suddenly and may be due to an injury or infection. The pain generally eases as the affected body part heals. Chronic pain is persistent over time and may be due to an underlying long-term medical condition such as arthritis. The pain may be present all the time, or may come and go.

### Is pain experienced differently in dementia?

As far as we know, the changes in the brain that occur in Alzheimer's disease and other forms of dementia do not cause pain. However, people with dementia are at increased risk of experiencing pain because they are at increased risk of other things that can cause pain, such as falls, accidents and injuries. Also, older people in general, including those with dementia, are more likely to suffer from a range of medical conditions that can cause pain.

Previously it was thought that people with dementia don't feel pain because the damage occurring to their brain stopped them feeling pain. Research has shown this to be incorrect. A study conducted in Melbourne, using functional magnetic resonance imaging (MRI), revealed that people with Alzheimer's disease showed pain related brain activity in the same brain regions as those without Alzheimer's disease. The researchers concluded that people with dementia feel pain in exactly the same way as those without dementia, they just have trouble explaining it to others.

It is therefore up to those caring for a person with dementia to take extra steps to assess whether the person is experiencing pain and to employ treatments to effectively manage pain.

## Pain and dementia

### Can people with dementia verbally report pain?

In the early stages of dementia, people may still be able to tell someone when they are in pain. But their declining thinking skills may make them less able to understand why they are feeling pain and to know what to do about it. Their declining brain function and communication skills may impair their ability to accurately report the location, level and type of pain or to remember to regularly take pain relieving medication, meaning they are left suffering.

Reasons other than dementia can also make older people less inclined to report that they are in pain. Depression; fear of requiring surgery, hospitalisation or moving to residential care; a misperception that all painkillers are addictive; and not wanting to appear weak or to complain, can all influence a person to under-report their pain. Cultural, religious and gender differences can affect reporting of pain. Some people do not want to lose respect in society by admitting they are in pain and need help, or believe that pain should be borne in silence, while others feel they should report pain right away and get immediate relief. As a result of social and cultural expectations, some men may believe they need to be strong and keep pain to themselves.

A person's background and circumstances, as well as their stage of dementia, need to be considered to determine whether they are at risk of under-reporting pain. Strategies to assess pain may need to go beyond simply asking the person with dementia if they are in pain, even if they appear able to communicate normally.

### What are the non-verbal signs of pain?

In the later stages of dementia, many people will lose the ability to verbally report to others that they are in pain. We can still assess whether someone in this situation is in pain, by observing non-verbal signs. In fact, non-verbal signs can be helpful in assessing pain in all stages of dementia. These signs can be obviously pain-related, but sometimes might just represent a change from normal behaviour.

They can include:

- Facial grimacing
- Gestures that indicate distress
- Guarding a particular body part or reluctance to move
- Moaning with movement
- Limited range of motion or slow movement
- Increased heart rate, blood pressure or sweating
- Restlessness
- Crying or distress
- Increased or decreased vocalisations
- Withdrawn social behaviour
- Lethargy or increased sleep
- Disrupted or restless sleep
- Decreased appetite (and decreased nutritional intake)
- Increased confusion
- Anger, aggression, irritability or agitation

Of course, some of these symptoms or changes can be a result of other problems, but pain should always be considered as a potential and treatable cause. It is also important to remember that some people will demonstrate little or no specific behaviour associated with their pain.

For more information:

National Dementia Helpline **1800 100 500**



For language assistance  
call 131 450

# 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



Melanie provides services to Gracie Dixon Centre clients who attend for day respite or social support group. Mel is available on Fridays - usually every 5-6 weeks. Call the Centre on 4130 4120 to make an appointment.



**Book Now**

*"Lovely haircut Norma"*

## Recent Birthdays @ Gracies & Bargara



Rhonda, Lorraine, Mark, Pat, Shirley, Marion & Rod

# Morning Tea @ Bargara Basin



# Activities @ The Centre



# Scenic Drives & Crazy Dress Ups



# Taking a punt on Melbourne Cup



# Lorraine - Memories of living in Nature



One of our Bargara clients, Lorraine, shared her story about life with her late husband, Bill, and their 3 children...

They lived and worked on *Game Bird Farm Wild Life Park* in 1982 at Dorset Hill. They had a variety of animals including wombats, donkeys, kangaroos, possums, deers, pigs, camels, cows, sheep, paddy melons, peacocks, pheasants, quails, emus, parrots, galahs, chickens, ducks, turkeys and pigeons - just to name a few!

It wasn't unusual to see koalas passing through the playground! There was a collection of old bottles and antiques.

They bred squabblings and pigeons to sell to the restaurants and were open 6 days per week to the public with many visitors from schools and church groups.

An old tram was converted into a dining area where they served Devonshire teas, lollies, drinks and ice creams.



Funny

