



Celebrating Australia Day

Gracie Dixon Centre

January - February 2024

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Happy New Year,

The year has started in full swing with our musicians already entertaining us, scenic drives to the beaches, many laughs in the day program at Gracie Dixon and Bargara Day Respite commencing at a new venue from 25 January 2024.

Bargara Day Respite has relocated to the **Community and Cultural Centre** which is located at **180 Hughes Road, Bargara.**

The program operates each Thursday morning from 9am–12 midday. Any one wishing to attend Bargara Day Respite please phone Gracie Dixon on 4130 4120 and speak with Lyn so arrangements can be made through My Aged Care.

Lunches at the Centre

Our contract has just been renewed with Bundaberg Regional Council and once again Tom Quinn will be supplying our meals. Ash from Tom Quinn has put together a 4 week meal menu for all to enjoy. He has added an entrée to the menu being herb bread, garlic bread or cheesy bread. I think everyone will enjoy the entrée and I can see many saving it to use with their soup during the winter months. There is a great variety of dishes on the menu which I am sure everyone will enjoy.

Walkervale Playgroup at Gracie Dixon

Julia has been very busy making arrangements to have the Walkervale playgroup visit our centre on the second Tuesday of each month commencing 13 February 2024. This is a lovely group of little people who spend time doing activities such as puppets, painting and craft ideas that participants can either watch or can participate in the activity. For some just being around babies and toddlers brings joy to the heart.

Remember to Drink lots of Water

During our summer months and heat waves can I please remind everyone to drink lots of water during the day. If you prefer you can bring your water bottle to the centre and staff will be happy to refill it as you continue to hydrate yourself during the day.

A good way to check if you are drinking enough water is to check the colour of your urine. If it is pale, you are drinking enough water. Hmmm if it is dark, it is time to drink lots of water.

Remember to always try and stay cool like sitting near a fan or an open window if you do not have air-conditioning to remain cool and ask your neighbour if they could please pop in and check on you regularly just in case you need some assistance.



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, Aman Singh
Community Care Trainee:	Hayley Kirkwood



A message from the Coordinator

Client Survey

Thank you to everyone who responded to our annual client survey, the results are now being collated so that we can see where improvements can be made. One of the questions in the survey asks:

“Do you know where else you can go to raise any concerns about the services you receive?”



When you commence at Gracie Dixon everyone receives a folder with information and brochures that you can refer back to. One of the brochures in this folder is called:

Do you have a concern or complaint? This brochure is from the Aged Care Quality and Safety Commission and it details information for participants of aged care services, their families, carers and representatives about the Aged Care Quality and Safety Commission.

Phone **1800 951 822** or visit agedcarequality.gov.au

Basically what we are making sure of is that you understand if you have a concern you can come and speak to the **Coordinator—Lyn Frost or the Manager of Community Services—Kirstin Harrison** and if you feel you are not being treated fairly you can contact the Aged Care Quality and Safety Commission as per your brochure. I will include a brochure with this newsletter for future reference.

Updating Care plans to reflect current needs, goals & preferences

After our Government audit it was recommended that each time a carer communicates to staff that a participant has changed needs for example has had a fall, been admitted to hospital, has a new set of goals staff will update their personal care plan in agreement with the person or their carer. Once the details are correct the care plan will need to be signed again as the most recent copy for staff to deliver the correct care. If needs have not changed your care plan will still be updated with you annually. You will regularly be asked to update your medical summary from your GP. If you are looking for extra services from another provider, the Coordinator will be able to refer you to the appropriate service provider or we can refer back to My Aged Care for a re-assessment of your care needs including assessment for a Home Care Package.

Kitchen Upgrade

We are currently having plans drawn up in the kitchen area of Gracie Dixon to upgrade our very tired old kitchen. Looking at the plans recently I think it will look very inviting and more like a café style kitchen for everyone to dine in. Hopefully this will be completed by June 2024.

Stay safe

Lyn

Providing services to help you remain in your own home



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 Speakers for April will be Lorrae & Vince 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? 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**

New volunteer, **Pat Scherger**, commenced volunteering at Gracie Dixon Centre on 8 January 2024.

Volunteer Profile

I enjoy coming to Gracies because it's a relaxed and friendly atmosphere, and I can really feel a part of the group.

Favourite things . . .

- ☺ **Food:** Spaghetti Bolognese
- ☺ **Colour:** Blue
- ☺ **Place:** The beach
- ☺ **Music:** Christian
- ☺ **Hobbies:** Reading & walking

Past Occupation: Personal Carer
Interests: Family Tree
Place of Birth: England



Concerned about your hearing?

Hearing loss



If you have a sudden loss of hearing, go to your local emergency department



Key facts

- Hearing loss is usually permanent. Treatment involves improving the hearing you have.
- Exposure to loud noise can cause hearing loss.
- Most people experience some degree of hearing loss as they get older.
- Protecting your hearing is vital to prevent any hearing loss from getting worse.

What is hearing loss?

Hearing loss makes it difficult or impossible to hear speech and other sounds. There are different types of hearing loss, and they can range from mild, moderate, severe, or profound. Some types of hearing loss are temporary, and some are permanent.

Around 1 in 6 Australians experience hearing loss.

What causes hearing loss?

Hearing loss can be caused by a problem in any part of your hearing pathway. This can be from your outer and middle ear through to your inner ear and the nerve to your brain. Some people are born with low hearing. Other people develop hearing loss later because of a health condition. The most common causes are ageing and being exposed to loud noise. People who work in loud environments are at higher risk. This includes construction workers, musicians, farmers, miners and military personnel. Listening to loud music with headphones or at clubs or gyms also puts you at risk. Most people find their hearing gets worse as they get older. Hearing loss can also be genetic.

What types of hearing loss are there?

The type of hearing loss you have depends on which part of your hearing pathway is affected.

Auditory processing disorders

These occur when your brain has trouble processing sound. This makes it hard to understand speech or to know where sounds are coming from.

Conductive hearing loss

This is when there is a problem with your outer or middle ear, so sound cannot pass through to your inner ear. It may be caused by:

- ear wax
- an ear infection
- a torn ear drum
- fluid in your middle ear
- Abnormal bone growth in your middle ear (known as otosclerosis)

Concerned about your hearing?

Sensorineural hearing loss

This is when there is a problem with your cochlea, which is the hearing organ in your inner ear, or your auditory (hearing) nerve. It may be caused by:

- ageing (known as presbycusis)
- exposure to loud noise (known as noise-induced hearing)
- infections
- Meniere's disease
- head injuries
- some medications and chemicals

Sensorineural hearing loss is often permanent

What is presbycusis?

Presbycusis is a type of sensorineural hearing loss. Hearing gradually deteriorates as you age because of all the noise you've been exposed to over time. It affects about 3 to 4 every 10 people over age 65.

It is usually caused by a loss of hair cells in your cochlea. Your cochlea contains thousands of hair cells. These pick up sound vibrations from your middle ear and send them as signals through your hearing nerve to your brain. If you have been exposed to a lot of loud noise, this can make presbycusis start at a younger age.

Presbycusis usually affects high pitched sounds first. Over time, it affects sounds that are lower pitched. This can cause:

- difficulty telling the difference between the sounds of certain letters
- difficulty understanding people talking when there is a lot of background noise

What treatment will I need for hearing loss?

If you have a type of hearing loss that cannot be reversed, there are devices available that can help you improve your hearing, including:

- hearing aids
- cochlear implants
- other surgical implants
- assistive listening devices such as personal amplifiers and headphones
- phone apps

You can find out more about technology for hearing loss at Hearing Australia's website: hearing.com.au

The Australian Government's Hearing Services Program provides eligible people with fully subsidised hearing assessments, hearing devices and other support services. You can find out more on the program's website: hearingservices.gov.au

For more information, contact Health Direct:

Phone 1800 022 222

24 hour health advice you can count on

Source: <https://www.healthdirect.gov.au/hearing-loss>

healthdirect

Poetry Lovers

If You Had Never Come

*If you had never come, I'd have never learned to laugh.
My sandwiches would still be whole, and never cut in half.
My voice would have never changed to high, or low.
You would love my favourite band, and I would never know.*

*If you had never come, the rain would feel so cold.
I would have lived alone forever, with a secret never told.
My tears would have no place to go, but down my cheeks in sorrow.
I'd have my own clothes, instead of yours to borrow.*

*If you had never come, my happiness would not have last.
There would be no names upon my bright orange cast.
I would be left alone, when I stopped to tie my shoes when walking.
No one to whisper to, as the teacher just keeps talking.*

*If you had never come, I would have never hopped a fence.
Doing something wrong would have never made much sense.
I never would have tasted the stars in the dead of night.
But instead, you are here with me forever, holding me tight.*

Poem by Reilly Gandell

Source: familyfriendpoems.com

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.





Laugh of the Day



Dear best friend, if you ever feel bad, call me. I promise to sing to you. Then you can decide what's worse.

Work friends are irreplaceable because no bond is stronger than having to go through the same crap for 8 hours every single day.

www.lilluna.com



At a certain age, you just don't care what people think anymore....lol

THAT MOMENT WHEN



THE MUSIC YOU LISTENED TO IN HIGH SCHOOL IS BEING PLAYED ON THE "OLDIES" STATION

The hacker was so disappointed in my bank account

Growing old happens. Growing up is optional.



He started a go fund me page for me

Listen To Your Doctor - Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'" ..ooh!

The best Podcasts for seniors

Podcasts are a fantastic way for older adults to learn about new things, listen to topics of interest, catch up on the latest news or sports results, or to sit back and have a laugh! If you haven't already discovered the never-ending wonder of podcasts, keep reading.

What is a podcast?

A podcast is an audio or video recording of a particular topic or discussion. Podcasts can be downloaded to your chosen device (smartphone, tablet or computer), or they can be streamed. Podcasts are generally free to listen to and are available through apps you can download to your device.



How do I find and listen to a podcast?

The easiest way to find podcasts is through a podcast app you download to your smartphone or tablet. If you have an Android smartphone or tablet, try the Google Podcast app. Head to the Google Play store and search for Google Podcast.

If you use Apple products (iPhone or iPad), use the app called Podcasts (most of the time, this app will already be installed on your iPhone or iPad). If not, go to the App Store and type Podcasts into the search bar.

You can also listen to podcasts using the Spotify app.

Once you've downloaded your podcast app, use the search function with the app to hunt for topics or people that interest you.

There are SO MANY podcasts to choose from, it's hard to know where to start. We've pulled together 10 podcasts that we think are excellent, and will be the perfect starting point for your podcast adventure!

TED Talks Daily

If you haven't already discovered TED Talks, this one is a must! TED Talks showcase speakers who have 'ideas worth spreading', and can cover almost any topic you could think of.

Ageing with Purpose

This podcast brings together information on what it is to age positively, how the brain changes as we age, and how pain can affect us, with industry experts speaking about what they think the aged care landscape should look like - what needs to change and what does an age friendly city look like?

Gardening Australia

Are you a gardening enthusiast? Gardening Australia brings you everything you need to know about creating and growing a beautiful, healthy garden. This podcast is a video podcast and is great if you're a gardening novice or already an expert.

Casefile true crime

If you like a scary thrill, this one could be for you. True crime podcasts are incredibly popular, and this is one of the best. The podcast walks you through real-life crimes, both solved and unsolved, from all over the world. You'll delve into the nitty gritty and get insights into the behind the scenes investigations.

Stuff you should know

Is your general knowledge up to scratch? This podcast covers everything from chaos theory through to how the game of rock paper scissors came about. Subscribe to this podcast and you'll be the most desired person at any trivia night!

Conversations: with Richard Fidler and Sarah Kanowski

The Conversations podcast delves into the lives of people who have done or seen incredible things. Ever wondered what it's like to be Sharon Stone's stunt double, or to have spent the last 40 years collecting and researching butterflies?

Triple M Footy AFL

This one is for all the footy lovers out there. Get the inside scoop on player movements, ins and outs for upcoming games, interviews with coaches and players and game recaps. If you live and breathe footy, this podcast may just become your new best friend.

The Better Ageing Podcast

With great information and advice on how to manage things like joint pain and arthritis, diabetes, and mobility and strength, this podcast is a great one to have in your pocket. It's excellent for carers as well, with many tips on how to care well for a loved one. Learn how you might be able to live healthier and longer, and get the most out of your mind and body.

No Such Thing as a Fish (QI/BBC)

Are you a fan of the BBC show, QI? The makers of QI get together on this weekly podcast and discuss all of the best things they've heard that week. In true QI fashion, you'll learn some truly interesting facts and ideas while laughing until you cry.

Super Soul Sessions (Oprah)

Oprah Winfrey connects with thought-leaders, spiritual leaders, authors and health and wellness experts, bringing together an exceptional podcast that aims to awaken, spark connection and broaden your relationship to the world around you.



Information Sharing

Centre Hairdresser

Note: Price increase from March 2024

Ladies trim from	\$24.00
Shampoo & Blow-dry	\$24.00
Men's trim	\$15.00



Melanie provides services to Gracie Dixon Centre participants 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

"Looking good Sandra"

Recent Birthdays @ Gracies & Bargara



Jenny, Elaine, Irene, Rachel, Tip & Ron

Activities @ the Centre



Some of our Entertainers @ the Centre





Be Active Be Alive

Date

5th February 2024 - 31st March 2024; Every day
07:00 - 19:00

Cost

FREE *small cost for pool entry for aqua classes

Location

Bundaberg Region



Move it Expo

Join us for the 12th annual Move it Sport, Health and Fitness Expo!

Come along and enjoy a showcase of the region's local sporting clubs, fitness trainers, health and wellbeing experts and recreational activities.

Enjoy fitness demonstrations, free samples and great prizes up for grabs on the day!

Where: Bundaberg Multiplex

When: Sunday 18 February 2024

Cost: Free

Program: Coming soon!

Thoughts for the day..

The right people for your soul,
hear you differently,
show up differently,
support you differently,
and nourish you differently.
That's how you'll know.

Tiana Barrow ✨

February 14th, St Valentine's Day
Sophocles:
One word frees us of all the weight and pain of life:
That word is
love.
💜