



## Mexican Day

# Gracie Dixon Centre

## May - June 2024

45 Woondooma St Bundaberg Q 4670

4130 4120

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



# A message from the Coordinator

Hi everyone

Welcome to another Newsletter from all of us at Gracies. It's hard to believe we are nearly half way through 2024 already!

## Volunteers

Thank you to all our wonderful volunteers who come into the centre every week and assist staff with keeping everyone happy and safe, hydrated and well fed with delicious morning teas not to mention being driven to and from the Centre. National Volunteer Week is held on 20–26 May 2024 and our volunteers will be treated to a lovely morning tea with the Mayor at the Moncrieff Theatre. The theme for this years volunteer week is : An opportunity to shine a light on the people and causes that inspire us to serve. From everyone at Gracie Dixon we would like to say how grateful we are for your willingness to give your time, energy and talents. Your support allows us to continue fulfilling our mission and care for people in our community each year.



## Program Changes

Some of you were lucky enough to join us on a pampering afternoon where the girls did a session for Mothers Day. The introduction had an oil burner with background music and everyone drank herbal tea and had the benefits of drinking some of the flavours. It's very interesting to read, with some claiming it helps cure coughs and colds, boosts iron in the body, assists with treating insomnia and soothes stomach issues to name a few. Showing everyone how to do a hand massage and facials was great - just loved seeing everyone with yoghurt spread over their faces! Check out some photos on **Page 4**.

## Camerata - Queensland's Chamber Orchestra Performance

We will have the pleasure in welcoming Camerata - Queensland's Chamber Orchestra on **Tuesday 4 June 2024** to the Gracie Dixon Centre for an amazing free one hour performance for our staff and clients.

For those clients who normally do not attend the Centre on Tuesdays and would like to come for this special event, please contact the Centre on phone 4130 4120 prior to this date.



### Camerata in Concert

**Date**

1st June 2024  
19:30 - 20:45

**Cost**

Adult: \$42.00; Concession (Pensioner/Senior): \$38.00; Group 6+: \$35.00; 20 Years & Under: \$20.00; Child Under 2: Free With No Seat Allocated

**Location**

Moncrieff Entertainment Centre  
177 Bourbong Street Bundaberg



<b>Branch Manager Community Services:</b>	Kirstin Harrison
<b>Gracie Dixon Centre Coordinator:</b>	Lyn Frost
<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, Aman Singh, Julie Hylands
<b>Community Care Trainee:</b>	Hayley Kirkwood

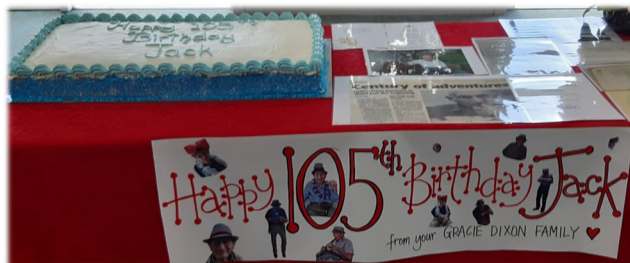


# A message from the Coordinator

This May/June, Camerata embarks on an annual Queensland Tour to regional communities in the Wide Bay Burnett and Central Queensland areas of Mundubbera, Monto, Bundaberg, Theodore and Biloela will experience a suite of community engagement activities, from kindergarten performances to visits to senior citizens, culminating in an evening performance in each town. *Camerata in Concert* will be performing at the Moncrieff Entertainment Centre on Saturday 1 June at 7.30pm. Tickets may be purchased online on at the Moncrieff office.

## Jack turns 105

One of our former clients, Jack Sulsters, has just gained entry to an *exclusive club* and turned 105 years of age on 21 April. A group of our clients travelled to Palm Lakes Aged Care at Bargara to share in the celebrations with Jack on Friday 10 May. Congratulations Jack!



## Welcome Julie

We would like to welcome new Care Worker Julie Hylands to the team, who commenced at Gracies on 4 March. Julie has worked as an Endorsed Enrolled Nurse for almost 40 years in various places in Australia and overseas. Most of Julie's nursing career has been involved with children, however after moving to Bundaberg in 2015, her nursing duties incorporated adults and the elderly.



Julie has a strong interest in art, obtaining a BA of Visual Art with Honours in 2003 from University in Western Australia. She is a practicing artist who has exhibited extensively in Perth and also in the local area including Brisbane Art Galleries. Julie's involvement with art encompasses many community and public art projects such as the Milbi Magic Community mosaic at Crawford Park Bargara, which involved designing

and curating part of the backdrop as well as leading community workshops to make the mosaic artworks. This installation piece, pictured on the right, was exhibited in The Vault Gallery at BRAG in recent years and was inspired by time spent in and around the ocean to create a sense of immersion and contemplation for the viewer.



Stay safe, *Lyn*



Providing services to help you remain in your own home



# Dementia Café held April to October 2024

## Gracie Dementia Café

**When:** 4 June 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 June will be Brittany Duncan (QLD Police Service)



*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**

New volunteer, **Marie Mumford**, commenced volunteering at Gracie Dixon Centre in mid-January 2024.

### Volunteer Profile

I enjoy coming to Gracies because: Gracie Dixon is a happy place - clients and staff. I feel my time here is appreciated by the staff.

#### Favourite things . . .

- ☺ **Food:** Steak & veges ☺ **Colour:** All except for mustard yellow & lime green
- ☺ **Place:** Anywhere with family ☺ **Music:** 50's,60's,70's & Country
- ☺ **Hobbies:** Crocheting & knitting **Past Occupation:** Enrolled Nurse
- Interests:** Photography & listening to music **Place of Birth:** Temora, NSW



## pamper time





# Osteoarthritis of the hand and wrist

## VERSUS Arthritis

### What is osteoarthritis

Osteoarthritis is the most common form of arthritis, and the hand and wrist joints are among the most commonly affected. A joint is a part of the body where two or more bones meet. The ends of the bones are covered in a smooth and slippery surface, known as cartilage. This allows the bones to move smoothly against each other and protects the joint from stress. Everyone's joints go through a cycle of damage and repair, and often the repair process is quite effective. But sometimes it can cause changes in the shape or structure of the joints.

Osteoarthritis causes the cartilage in your joints to thin and the surfaces of the joint to become rougher, which means that the joints may not move as smoothly as they should, and they might feel painful and stiff. You may have firm, knobby swellings at the finger joints. These are known as Heberden's nodes or Bouchard's nodes depending on which joints are affected. They're caused by the growth of bony spurs called osteophytes. Osteoarthritis can affect anyone at any age, but it's more common in women over the age of 50.

Some of the factors that can make you more likely to develop osteoarthritis in your hands include:

- being female
- the genes you inherit
- previous injuries
- carrying out repetitive tasks over a long period of time



### Which joints in the hand are affected?

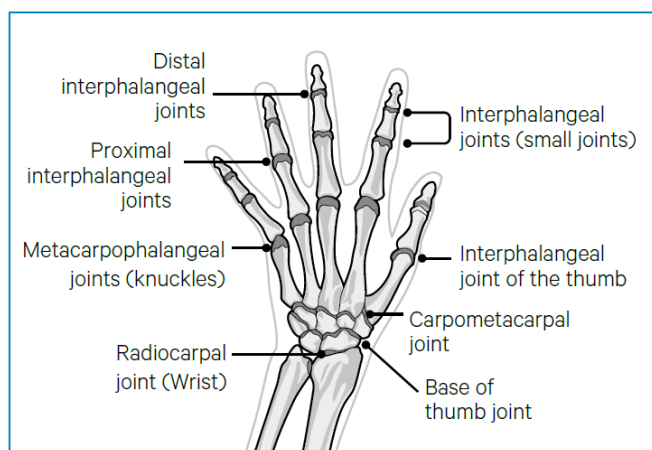
The index and middle fingers and the thumb are the parts of the hand most commonly affected. Many people find that the hand they use most is affected more than the other. When the fingers are affected, it may be in the joints closest to the fingernails or the ones in the middle of the fingers.

It's less common to have osteoarthritis in the large knuckle joints, where the fingers meet the hand. The joint at the base of the thumb can also be affected by osteoarthritis. And occasionally, the wrist joint may be affected.

### How will it affect me?

The symptoms of hand osteoarthritis can vary between different people and over time.

You'll probably have good days and bad days. You may find this depends on what you're doing, but sometimes there may not be any obvious reason.



Source: <https://www.versusarthritis.org>

# Osteoarthritis of the hand and wrist

## How will it affect me?

If the joints are inflamed then they're likely to look swollen and red, and to feel warm and tender to touch. You're likely to have pain, especially when using your hands but sometimes even while resting. Swelling can also cause the soft tissues around a joint to stretch, which can make your hands feel weak and unstable.

As we use our hands such a lot in daily life, pain, stiffness or poor grip strength can cause problems with a wide variety of tasks and activities including:

- opening jars and cans
- holding a pen or cutlery
- doing up buttons or zips
- handling money
- shaving, brushing your teeth, or drying yourself after a bath or shower

Hand osteoarthritis often tends to 'burn out' after a time. It may be painful for a few years and then the pain may improve, especially if only the small finger joints are affected. Any firm, knobby swellings or nodes that have developed will remain though. And the range of movement in the joints doesn't always improve even when the pain does. Sometimes the weather, especially cold weather, can make your symptoms worse. However, the weather won't affect the long-term outlook or how the condition progresses.

People who develop knobby swellings or nodes at the finger joints tend to have an increased risk of developing osteoarthritis of knee as well. However, many people with hand osteoarthritis will never develop it in any other joints.

A condition called carpal tunnel syndrome can sometimes develop as a result of osteoarthritis of the wrist. This is where a nerve to the hand is squeezed by swelling in the wrist joint or in the tendons next to the nerve. This can cause weakness, numbness, or pins and needles in the hand. It can also cause pain, especially at night. If you have these symptoms regularly, you should see your GP.

## Managing arthritis of the hand and wrist

There's no cure for osteoarthritis, but there are treatments and things that you can do yourself that might improve your symptoms and make a difference to how the condition affects you.

### Exercise

Joints need to be exercised regularly to keep them healthy. Exercise can help to ease stiffness and improve grip strength, although it's less clear how much pain may be eased by exercise. Activities that put a lot of strain on your hand joints are probably best avoided—for example, lifting or carrying heavy weights, or yoga or Pilates movements where a lot of your body weight is supported on your hands. You should try to keep moving your hand joints as normally as possible and do some specific hand exercises.

Source: <https://www.versusarthritis.org>



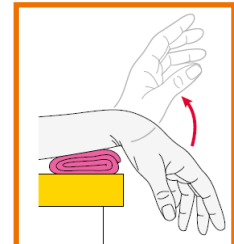
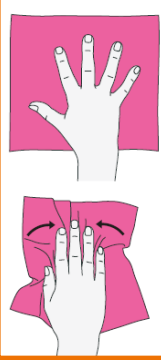
# Osteoarthritis of the hand and wrist

## Exercises for osteoarthritis of the hand and wrist

The following exercises are designed to keep the hand and wrist flexible. Try to do these exercises regularly, every day if you can. Start off gently and then gradually increase the amount you do. A bit of discomfort doesn't mean you're doing yourself harm, but seek advice if you have severe pain during or after exercise or if the pain doesn't ease in a few days.

### Finger strengthening:

Begin with the palm of your hand on a tissue or towel on a table, fingers apart. Pull your fingers together by pressing your hand down into the table and bunching up the towel between your fingers. Repeat. You can also do this without using a towel or tissue, and simply by pressing down on the table and squeezing your fingers together and then stretching them apart.



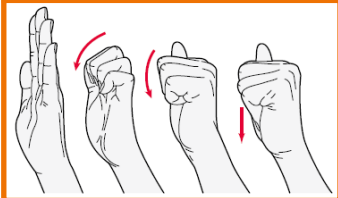
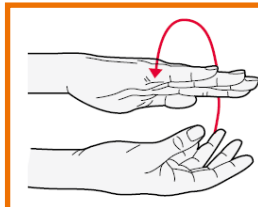
### Hand lift:

Place your forearm on a flat surface, like a table, with your hand hanging over the edge, palm facing down. A rolled-up towel under your wrist might provide comfort. Keeping your fingers relaxed, move your hand upward until you feel a gentle stretch, then return to the starting position.

### Finger stretching:

Start with the fingers extended straight out.

- Make a hook fist; return to a straight hand.
- Make a full fist; return to a straight hand.
- Make a straight fist; return to a straight hand.



### Thumb stretch:

Hold your hand out in front of you, as if you're saying stop. Begin with your thumb positioned outward.

Move the thumb across your palm and then back to the starting position.

### Wrist twist:

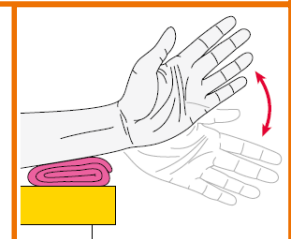
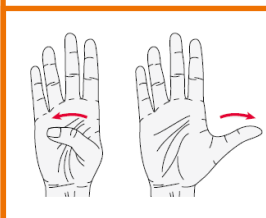
Bend your elbow to 90 degrees with your palm facing down.

Rotate your forearm, so that your palm faces up and then down. You can stand or sit to do this.

### Hand wave:

Support your forearm on a table, on a rolled-up towel for padding, or on your knee, thumb facing upward.

Move the wrist up and down through its full range of motion, as if you are waving.



# Memories back to Respite Ramblings 2005

Here are some snippets from our old Newsletter "Respite Ramblings" published in 2005...

## Life Lessons

- ∞ Never under any circumstances take a sleeping pill and a laxative on the same night
- ∞ No matter what happens, somebody will find a way to take it too seriously
- ∞ The most powerful force in the universe is gossip
- ∞ You will never find anybody who can give you a clear and compelling reason for daylight savings time
- ∞ Never lick a steak knife
- ∞ You should not confuse your career with your life
- ∞ Take out the fortune *before* you eat the cookie
- ∞ A person who is nice to you but rude to the waiter, is not a nice person.
- ∞ Your friends love you anyway.

**And a thought for the day:** Never be afraid to try something new.. Remember that amateurs built the Ark - professionals built the Titanic!

*"Some people walk in the rain. Others just get wet."*

**Roger Miller**

*"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened."*

*"The Japanese eat little fat and suffer fewer heart attacks than Australians or New Zealanders. The French eat a lot of fat and also suffer fewer heart attacks than Australians. Italians drink a lot of red wine and also suffer fewer heart attacks than Australians or New Zealanders."*

**Conclusion:** Eat and drink what you like. Speaking English is apparently what kills you!

**(Do not try this at home)** 😊

## 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.





Today was "TAKE YOUR CHILD TO WORK DAY" !!  
Timmy didn't enjoy it 😞



I don't need no phone holder, I got this 😂



Finally managed to adjust the clock on the stove.



The reason these toys are critical as kids...



Remember old 'What's-his-name'?

Lived on 'Thingy' Street?

Yeah, married to 'What's-her-face'.

What about him?

I can't remember.





# Childers Festival 25 - 28 July



## CHILDERS festival

### 25 - 28 July

<b>Thursday 25 July</b> <b>Twilight Markets</b> Sugar Mill and Cane Fire Tour Hill of Promise Long Table Dinner	<b>Friday 26 July</b> Picnic in the Vines <b>A Night at the Paragon</b> RESPECT The Aretha Franklin Story
<b>Saturday 27 July</b>	
<b>Crescent St presents: Bollywood</b> Paragon Theatre Tour Multicultural Mass Service	Arts in the Park Opera by the Lake Historical Bus Tour
<b>Sunday 28 July</b>	
<b>Over 400 market stalls</b> <b>Dragon, Bondi Cigars, Murphy's Pigs</b>	
Roving entertainment Family friendly	Multiple music stages Free entry

## Childers Festival is a celebration of the people and heritage of Childers!

When the highway closes, Childers is transformed into an action-packed entertainment hub, hosting celebrity artists and live music from every genre and decade!

The incredible markets feature a highway filled with over 400 stallholders where you can pick up vintage treasures, sample local produce and admire handmade gems and local arts and craft.

Witness dozens of artists across multiple stages headlined by Dragon, Bondi Cigars and Murphy's Pigs.

Those young and young at heart will also be mesmerised by dance, culture, street performers and carnival rides.



## Festival Day

**Sunday 28 July**  
**9 am - 3.30 pm**  
**Childers | Queensland**



# 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 Penny"*

## Recent Birthdays @ Gracies



Tina, Barbara, Audrey, Ken, Arthur & Dell.



# Balloons, Crazy Socks @ Rainbow Day





# Bundy Flukes & Purple for Peace Day







Thank you  
for your donation

## Donation of Lap Blankets

A very special thank you to Trish who donated several beautiful lap blankets to the Gracie Dixon Centre. The lap blankets can be used by our clients for those chilly mornings or for an activity such as "eye spy".

Very much appreciated.