



Country & Western Day

Gracie Dixon Centre

July - August 2024

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Hello everyone—

Welcome to our mid year newsletter,

Positive Ageing

The benefits of living well is all about you being prepared to maintain a positive attitude, feeling good about yourself, keeping yourself reasonably fit and healthy. Stay active, maintain connections to your family and friends and the wider community if you can and engage fully in life as you age.

The power of positivity and taking an innovative approach to your personal care will enhance your wellbeing and allow you to live the best life you can on your terms as you get older.

Many studies have shown how pets can offer a myriad of physical and mental health benefits for aged people. Pets help to reduce stress, provide companionship and encourages social interactions. For older adults who often face loneliness and isolation and rely on their companion animals to thrive. By taking your pet for a short walk and meeting and greeting with others on your journey can be a very social and positive daily event which helps you to live well.



Who Do You Call for Assistance

Seniors Care	137 468	My Aged Care	1800 200 422
Centrelink: Retirement	132 300	Aged Care Complaints	1800 951 822
Elder Abuse Helpline	1800 353 374	National Carer Gateway	1800 422 737

Drinking Bottles

Staff has noticed quite a few of the water bottles that clients bring into the Centre to drink their water are not being washed properly and the insides of the lids and drinking straws are full of mould. It is very important that you maintain good hygiene of your water bottles.

Some moulds are harmless, but others can cause allergic reactions and respiratory problems. If you have symptoms of food poisoning or flu-like symptoms such as the sniffles or congestion and cannot figure out why, your reusable water bottle could be to blame.

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, Julie Hylands
Community Care Trainee:	Hayley Kirkwood



A message from the Coordinator

What are the Warning Signs of Mould Toxicity?

- Coughing, wheezing, shortness of breath, nasal congestion, and frequent sinus infections.
- Rashes, itching, burning sensations, and persistent skin irritation.
- Headaches, dizziness, fatigue, difficulty concentrating, brain fog and memory problems.

Medical Summary

Can I please ask you all to make a note that next time you visit your GP to have him print out a current list of your medical diagnosis and list of medications subscribed. If staff for some reason need to phone an ambulance at the Centre it is so important to have a current medical summary to give to the ambulance officer. This could actually save your life.

Sporting Creed from Karting Australia

Over the weekend my two grandsons competed in the Queensland Carting Titles which I was lucky enough to live stream and watch them on TV. Whilst they did not make it to the podium Max did finish 6th from a field of 29 which was a great effort. Between races the carting association played their creed which I was so impressed with and wanted to share a few paragraphs of it with you:

Creed—

Being a participant in karting brings with it, responsibilities to conduct ourselves as we ourselves would like to be treated which means to act with Respect towards our Clubs, Opponents, Officials, Volunteers and to the sport of Karting generally.

We understand that there is great merit in winning and that success brings with it great joy, but that success must not come at all costs. Winning is only meaningful when the competition is fair.

Self-worth is not based on whether we win or lose, but how we win or lose, knowing that it is important to win with dignity and lose with grace and that sport—particularly junior sport must always be kept in perspective.

On that note -

Stay safe

Lyn



Dementia Café held April to October 2024

Gracie Dementia Café

When: 6 August 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 August will be Jayne Thomson (QLD 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 or phone **4130 4120**

New volunteer, **Karolyn Jacobi**, commenced volunteering at Gracie Dixon Centre in mid-May 2024.

Volunteer Profile

I enjoy coming to Gracies because: Everyone is so lovely here, really good to see how happy everyone is, and welcoming to anyone and everyone.

Favourite things . . .

- ☺ **Food:** Chocolate & Ice cream
- ☺ **Colour:** Most colours, but depends on where the colour is (e.g. clothes, paintings)
- ☺ **Place:** With my family
- ☺ **Music:** Good music - can be anything from Country to Rock to 70's & 80's
- ☺ **Hobbies:** Gardening

Past Occupation: Council worker - Gladstone

Interests: Family & friends, eating out

Place of Birth: Childers

Anything else to share: Love spending time with my two gorgeous grandsons & expecting a new granddaughter any day now.



Medication - Automatic Pill Dispensers

Automated & Automatic Pill Dispensers

Designed for controlled dosage release when medicine is required at various times during the day. Automatic pill dispensers are particularly useful for people with dementia, including Alzheimer's disease and cognitive impairment, forgetfulness, confusion, or dexterity limitations. They provide peace of mind at medication time by delivering only the next dose at the alarm time.

These Automatic Pill Box reminders can be set to alarm for multiple times each day, to remind you when it's tab time, and time to take or administer pills, to achieve medication compliance.

More importantly, when the alarm sounds, the next loaded medicine is delivered to the recipient and all they need to do is tip the device to access the pills, or scoop out for MedReady. The device then resets itself for the next programmed time without any further need to set, or reset the programmed times.

See below for some of the different options available.



TabTimer Careousel MK3 Automatic Pill Dispenser TT28-29MK3-11

Product no.: TT28-29MK3-11

★★★★★ (1)

● Currently in stock dispatch 24-48hrs

AUD \$299.00

\$279.00



TabTimer Careousel MK3 Automatic Pill Dispenser - Bundle

Product no.: TT28-29MK3-11-BUN

★★★★★ (3)

● Currently in stock dispatch 24-48hrs

Price \$309.00

Older People and Falls



If you or someone in your care has experienced a severe fall, go to your nearest emergency department or call triple zero (000) and ask for an ambulance.

Key Facts

- 1 in 4 people who are aged 65 and over have at least 1 fall per year.
- Falls are often due to gradual physical changes that affect the way we move, or hazards in and around the home.
- Falls can cause hip fractures and other serious injuries that may need longer hospital care and have long term effects.
- There are many things you can do to reduce your chance of having a fall.
- It is important to see your doctor if you have had a fall, even if you were not injured.

Why are falls concerning for older people?

Anyone can have a fall, but falls are a major health concern for older people (those aged 65 and over). Falls are the number one cause of accidental injury in older Australians. As our population ages and the number of older people grows, the number of falls and fall-related hospitalisations increases. 1 in 4 people who are aged 65 and over have at least 1 fall per year.

Even when falls don't cause an injury, they often trigger a loss of confidence in an older person and lead to an ongoing fear of falling. Over time, this can lead to a person becoming more inactive, which further increases the risk of falling. There are things you can do to reduce the chance of you or your loved one having a fall and/or being seriously injured in a fall. Motivation, healthy habits and awareness of how to reduce the risk can all play a part in preventing older people from having a fall.

Why might older people fall?

If someone falls, it's not necessarily because they are not concentrating or they are clumsy. There are many reasons why older people might have a fall, including those listed below.

Changes to the body

Our bodies change gradually and over many years as part of the normal ageing process. As you get older, you may notice:

- More difficulty with balance, such as feeling unsteady when you walk.
- Weaker muscles that may make it harder to lift your feet when you walk.
- Poorer eyesight or difficulty with sudden light changes or glare.
- Slower reaction times.
- New health problems such as incontinence.
- Gaps in memory, dementia or Alzheimer's disease.

These changes can be due to normal ageing or they might be caused or exacerbated by an illness or condition. This can affect the way you move around - and sometimes cause us to fall.

Dangers in and around the home

6 out of 10 falls happen in and around the home. Common household hazards include:

- Poor lighting.
- Unsafe footwear, such as loose slippers or narrow heels.
- Slippery surfaces, such as wet or polished floors or spills.
- Trip hazards such as rugs, floor mats and electrical cords.
- Steps or uneven surfaces.

Neglecting general health and wellbeing

Older people who don't keep physically active may have poorer balance and weaker muscles, which can increase the risk of falling.

Not eating well and/or not drinking enough water can lead to dehydration or malnutrition, which can make it difficult to stay strong enough to move about safely.

What other risk factors are there for a fall?

Certain conditions can increase the likelihood of a person falling. These include:

- A history of previous falls - if you have fallen more than once in the past 6 months, you are more likely to fall again.
- Low blood pressure - older people with naturally low blood pressure may feel light-headed, dizzy or unsteady while moving.
- Postural (orthostatic) hypotension – this is when your blood pressure drops when you change position, such as going from sitting to standing. This can be due to a medical condition or due to a medicine's side effect.
- Stroke, Parkinson's disease and arthritis - these conditions change the way you move, and can make it harder to react quickly or stop yourself if you stumble.
- Diabetes - changes in blood sugar levels can make you feel faint. Diabetes can also affect your eyesight and reduce sensation in your feet and legs.
- Depression - some types of antidepressants can increase the risk of falling.
- Osteoporosis - characterised by thin, weak bones - is not a risk factor for falls. However, if someone does fall, there's a higher chance of them breaking a bone.





Paul Harvey's Letter to his grandchildren..

We tried so hard to make things better for our kids that we made them worse. For my grandchildren, I'd like better. I'd really like for them to know about hand me down clothes and homemade ice cream and leftover meat loaf sandwiches.. I really would.

I hope you learn humility by being humiliated, and that you learn honesty by being cheated. I hope you learn to make your own bed and mow the lawn and wash the car. And I really hope nobody gives you a brand new car when you are sixteen. It will be good if at least one time you can see puppies born and your old dog put to sleep. I hope you get a black eye fighting for something you believe in. I hope you have to share a bedroom with your younger brother/sister. And it's all right if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you let him. When you want to see a movie and your little brother/sister wants to tag along, I hope you'll let him/her.

I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely. On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as uncool as your Mum. If you want a slingshot, I hope your Dad teaches you how to make one instead of buying one. I hope you learn to dig in the dirt and read books. When you learn to use computers, I hope you also learn to add and subtract in your head. I hope you get teased by your friends when you have your first crush on a boy/girl, and when you talk back to your mother that you learn what ivory soap tastes like.

May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on a frozen flagpole. I don't care if you try a beer once, but I hope you don't like it.. And if a friend offers you dope or a joint, I hope you realise he/she is not your friend. I sure hope you make time to sit on a porch with your Grandma/Grandpa and go fishing with your Uncle. May you feel sorrow at a funeral and joy during the holidays. I hope your mother punishes you when you throw a baseball through your neighbour's window and that she hugs you and kisses you at Christmas time when you give her a plaster mold of your hand.

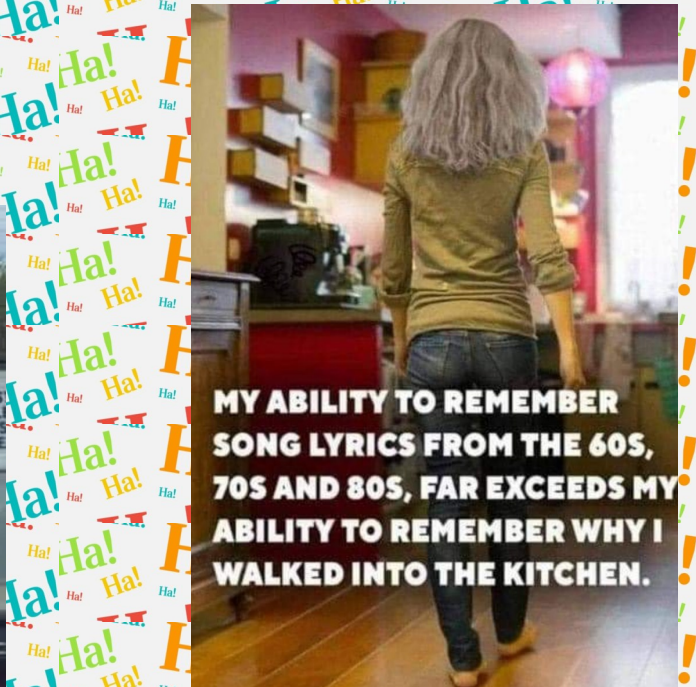
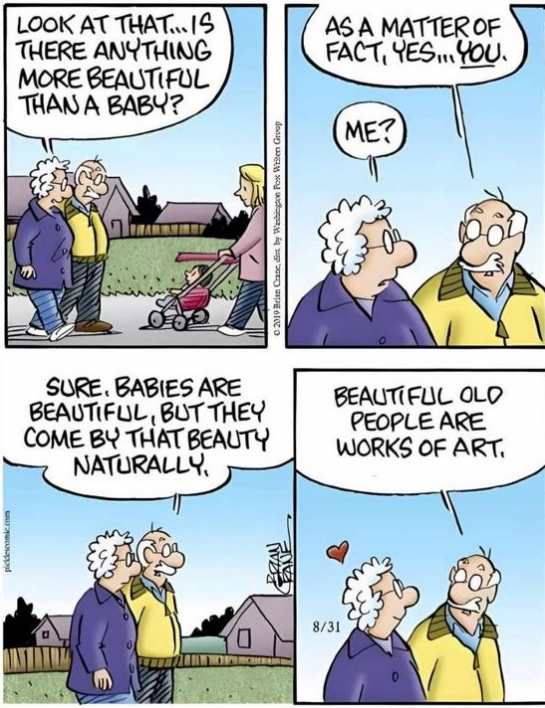
These things I wish for you tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life!

Source: Facebook

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. 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.



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. Melanie is available on Fridays - usually every 5-6 weeks. Call the Centre on 4130 4120 to make an appointment.



Book Now

"Great haircut Sandra"

Show Week & Camerata Orchestra Visit



Country & Western Dress up & Craft Session



Fun times @ Bargara Respite



Happy Birthday John

