



Music Stoppers @ Gracies

Gracie Dixon Centre

October - November 2024

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Acting Coordinator

Hello everyone,

Spring Newsletter already, how fast this year is going! I would like to share some information with all of you on behalf of Lyn, who has been away for a few weeks.

There are many changes happening in the world of Aged Care and it is predicted that these changes will continue for the next few years into 2027. There is an overwhelming amount of information on many different platforms and it can be very confusing to figure out what help you are eligible for and how the changes affect you.

At 10am on Wednesday 9 October, Sherryn Davies from COTA QLD will be at the Bundaberg Library to speak about accessing services and the range of changes happening in aged care. Sherryn will also be introducing an activity that assists you in identifying your support needs for now and in the future. An Aged Care - Care Finder from Footprints will also be present to speak about the service and give you options to assist you in finding the right type of care that suits your needs.

If you are not able to attend and are looking for assistance or feel that it would be helpful to speak with someone about accessing the right services, reach out to the Coordinator at Gracie Dixon Centre who will help you find the right services and can assist you with referrals.

If you would like some assistance accessing services or making a decision and you don't have a support person who can help with these things, please call Care finders, refer to **Page 4** of this newsletter to know more about the local care finders team. So far they have been a huge asset to the community, especially with the transition from CHSP to Home Care Packages.

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

Aged Care Reforms Survey

If you would like to participate in the Australian Government Department of Health and Aged Care Reforms Survey for older people, please scan the code below to access online. Paper copies of the Survey are available at the Bundaberg Library.

The survey is for older people, their families, and carers.

Your feedback helps us improve the way we communicate about the changes we are making to aged care, known as the aged care reforms. Responses are confidential and used solely for research purposes. This survey will take 5-10 minutes to complete.



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, Julie Hylands



A message from the Acting Coordinator

Safety is really important to us

SAFETY FIRST

Our staff and client safety is really important to us. Every day, home care workers encounter several health and safety dangers. In order to fulfill their obligation to give care and support, they must manage risks such as everyday dangers (falls and slips), infections, and stress. Through the Home and Community Care services Council is responsible for ensuring clients have the best care and support possible and that staff can do this in the safest way possible.

This is where we need your help 😊

Coughing If someone in your household has not been feeling well and has a cold or flu and you think it is not the best time for staff to come for your service just give us a call and we can arrange a better time. Often families are undergoing treatments such as chemotherapy, addressing infections or other medical episodes. It is important we are aware of these situations so we can make sure we put precautions in place to look after client and their families as well as care workers. There are measures that need to take place when managing a household that is undergoing various treatments, by sharing this information with us we can ensure the care workers can take proactive measures to address these issues. Staff have personal protective gear available for example if someone in your household is undergoing chemotherapy it is essential they wear PPE. If we know before hand, we can ensure everyone is always safe and well.

Remember as the weather heats up..... water water water.

Be aware of the creepy crawlies starting to appear again too.

Take care, be well and stay safe



Anna

Community Care Coordinator

Tax Invoice Payments

Thank you to all of our clients and carers for paying their Tax Invoices by the due date whenever possible. This is very much appreciated. Many of you are using the convenience of BPAY via Telephone and Internet Banking or by visiting one of Council's Service Centres. Some of our clients have difficulty using these options and our staff are happy for you to continue to pay cash or cheque at the Gracie Dixon Centre. This payment is processed on your behalf at Council's Customer Service Centre. Some of our clients are concerned that in the near future, personal cheques will not be accepted as payment for their account. The government has a timetable for phasing out cheques, but this is not likely to happen until 2027.



Bundaberg Regional Council

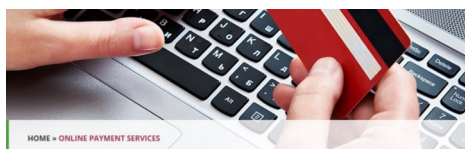
PO Box 3130 Bundaberg QLD 4670
Phone: 1300 883 899 Fax: (07) 4150 5410

TAX INVOICE

Including GST
ABN: 72 407 850 198

Please direct all mail to PO Box 3130, BUNDABERG QLD 4670

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Providing services to help you remain in your own home



Care Finder - Footprints Community

About Footprints

Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness. Footprints adopts a non-discriminatory practice and works alongside people with respect and dignity, to enhance their capacity to live independently in the community.

Our professionally qualified and highly skilled workforce operate within a client-centred practice framework ensuring principles of strengths-based and trauma-informed practice are implemented into service delivery. We believe in independence, strength and choice.

We work with people and their representatives, at their own pace, to empower and support people to reach their goals.

HOW DOES THIS PROGRAM HELP?

Care finders support vulnerable people who:

- are unable to access services without intensive support
- do not have a family member or friends who can help.

Care finders can help people:

- understand what aged care services are available
- set up an assessment and
- find and choose services.

They also help with access to other community supports, to connect for the first time, or to change or find new services.

Care finder services are provided at no cost as they are fully funded through PHN Country to Coast.

CARE FINDER CAN HELP SOMEONE WITH:

- talking to My Aged Care (on their behalf if needed) and arranging an assessment, attending and providing support at the assessment
- finding and short-listing aged care providers in their area, completing forms and understanding aged care service agreements
- checking-in once services are up and running to make sure everything is acceptable
- problem-solving other challenges and connecting to supports in the community, such as health, mental health and community groups.



For more information contact footprints

Phone: 07 4153 3692

or

Email: admin@footprintscommunity.org.au

Dementia Café held April to October

Gracie Dementia Café

When: Finished for 2024 & will recommence in April 2025

Where: Bundaberg Recreational Precinct
Main Pavilion Function Room
Kendalls Road, Avoca (enter via gate)

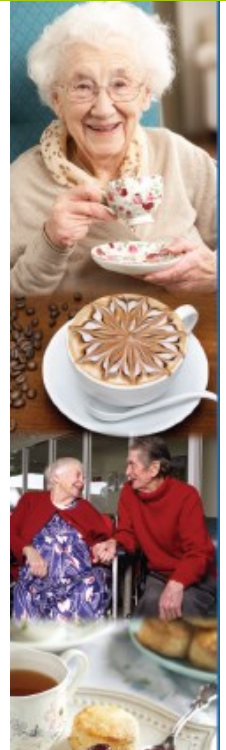
Time: 9.30am - 11.30am

Cost: \$5.00 per person (includes morning tea)

Guest Speakers will be arranged and advised prior to commencement



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?

Your life experiences, skills and want to contribute to others, will make you the ideal volunteer. Volunteers can help with a wide variety of activities.

We are currently looking for volunteers to undertake kitchen assistant duties. You will be required to assist with the preparation of morning tea, lunches and the general cleaning and maintenance of our dining area.

In return, you will receive training, where references will be provided upon requests. Other benefits include the opportunity to give back and engage with the community where you will have the privilege of being recognised for your hard work.

You will need to obtain an Australian Federal Police clearance prior to commencing at the centre in a volunteer role.

If you are interested in becoming a volunteer, we would love to hear from you, so please:

Send an email to gracied@bundaberg.qld.gov.au or phone **4130 4120**.

Volunteer at Gracie Dixon

The Centre provides an enjoyable social program for its members who are aged 65 years or over (or 50 years and over for Aboriginal and Torres Strait Islander people). The program which includes music, concerts, quizzes, cards, exercises, outings for drives and BBQ's is designed to maintain, develop and support the capacity for independent living and social interaction.

We're looking for passionate people who want to give back to the community to volunteer.

Volunteer tasks:

- Prepare morning teas and lunches (no cooking)
- Serve food to clients
- Clear tables and wash dishes
- Assist care workers with activities
- Care for our clients

Volunteer availability:

Volunteers are needed for the below hours, on any week days.

Bundaberg Centre
Monday to Friday, 9am – 3pm

Bargara Day Respite
Thursday, 9.30am – 1.30pm

A current Police Check is required prior to commencement.

For more information:

Contact the Centre Coordinator on 4130 4120.





Getting Support as We Age

Bundaberg Library

Join Sherryn Davies from COTA Queensland for an overview of care and support services for seniors. Learn about accessing services, recent changes in aged care, and take part in an activity to identify your support needs for now and the future. This session is perfect for those considering aged care options for themselves or loved ones.

Light refreshments provided.

Date:	Wednesday 9 October 2024
Time:	10:00 am
Venue:	Bundaberg Library
Cost:	Free
Bookings:	At the Library, online or Ph: 4 130 4 140





How to Stay on Your Feet

Stay active and stay independent

Helping older Queenslanders stay healthy, active, independent and on their feet

Our bodies are designed to be used and this becomes even more important as we get older. Being physically active is essential for health and wellbeing and will also help you to stay independent.

Stay independent by being active and improving your strength and balance.

Essential elements of physical activity include strength, balance and reflexes. While age can affect your strength and balance, this can be improved by regular exercise on most days of the week. It's never too late to start. To improve your level of physical activity, get professional help to design a program specific to your needs. If you have been inactive for a while, or have a health condition, check with your doctor before you begin.

How active are you?

I do less than 30 minutes of moderate physical activity on most days of the week Yes No

Moderate physical activity increases your heart rate and breathing and may include sporting activities, brisk walking, swimming, cycling or group exercise.

If you answered 'Yes'

For overall health and wellbeing, it is advisable to do at least 30 minutes of moderate physical activity on most days of the week – preferably every day. This can be split into three lots of ten minutes.

How steady are you?

I do less than two sessions of balance and strength exercises per week Yes No

Balance and strength exercises could include Tai Chi, yoga, dancing or a specific program provided by a health or exercise professional.

If you answered 'Yes'

Balance exercises have been shown to be vital to reduce falls, so try to include balance and strength exercises in your physical activity routine at least twice a week. You could attend a Tai Chi or yoga class or obtain professionally prescribed exercises from a physiotherapist or exercise physiologist.

I feel unsteady when walking or I become unsteady when I turn around Yes No

If you answered 'Yes'

Talk to your doctor about what might cause you to feel unsteady. You can have a balance assessment to help identify the cause/s of your unsteadiness. You can ask your health professional to suggest exercises that will strengthen your thigh and bottom muscles and improve your balance.



How to Stay on Your Feet

I find it difficult to get up from a chair

Yes No

If you answered 'Yes'

This can be a sign of decreased leg muscle strength. Talk to a health professional about exercises that strengthen leg muscles. Ask if you need a more detailed assessment.

Do you have a plan for your physical activity?

I have not discussed physical activity with a health professional in the last 12 months

Yes No

If you answered 'Yes'

It is advisable for older adults to:

- › discuss physical activity with a health professional at least once a year
- › have a plan for physical activity which aims to improve your strength and balance and is tailored to suit you – use the Ageing and Vitality Guide and Workbook. This plan should aim to increase your level of activity gradually over time.

Tips to improve strength and balance to stay independent

- ☞ Choose activities that reduce the risk of falling by helping to improve strength and balance. Ideal activities are group exercise programs that include strength and balance, such as Tai Chi, yoga or a program that best suits your needs designed by a health or exercise professional.
- ☞ Discuss a tailored physical activity plan with your health professional every year. This plan outlines your intended level of physical activity and how this will be achieved.
- ☞ To be effective, your physical activity needs to gradually become more challenging. Be active on most days of the week and include balance exercises at least twice a week.
- ☞ Consider what shoes are appropriate for the activities you do.

Who can help?

- ☞ Doctor
- ☞ Exercise physiologist
- ☞ Fitness instructors
- ☞ General practice nurse
- ☞ Occupational therapist
- ☞ Physiotherapist

For further information on how to Stay on Your Feet, visit:

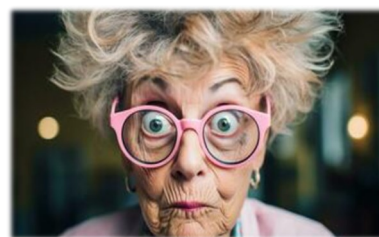
www.health.qld.gov.au/stayonyourfeet

Story of Life

*I am old and I just realised I still have so many unanswered questions!!!
I never found out who let the Dogs Out... where's the beef... how to get to Sesame Street?? Why Dora doesn't just use Google Maps... why eggs are packages in a flimsy paper carton, but the batteries are secured in plastic that's tough as nails... Why women can't put on mascara with their mouth closed? Why "abbreviated" is such a long word... why lemon juice is made with artificial flavour, yet dishwashing liquid is made with real lemons?*

Why they sterilize the needle for lethal injections... and, why do you have to "put your two cents in" but it's only a "penny for your thoughts" - where's that extra penny going to? Why do "The Alphabet Song" and "Twinkle Twinkle Little Star" have the same tune... why did you just try to sing those two previous songs... and just what is Victoria's secret?

And do you really think I am this witty??... I actually got this from a friend, who stole it from her brother's girlfriend's, uncle's cousin's, baby's mother's doctor who lived next door to my old class mate's mail man.. Now it's your turn to take it from me... Peace!!



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.





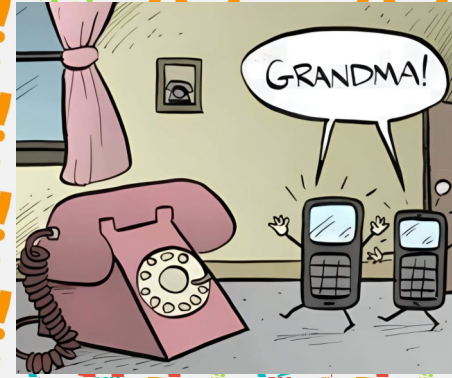
Relaxing after winning an argument with the wife



My future car 😊

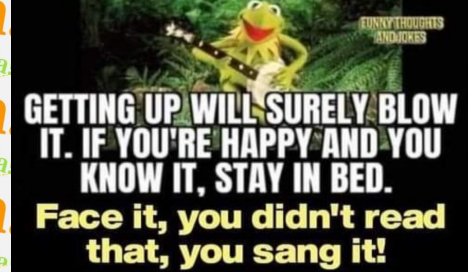


Husband & I both have a cold. Only difference is I'm cleaning the kitchen & he's in bed and is acting like he needs life support.



I understand being a responsible adult, but every day... every single day.... that seems a little excessive.

IF YOU'RE HAPPY AND YOU KNOW IT, STAY IN BED. IF YOU'RE HAPPY AND YOU KNOW IT, STAY IN BED. IF YOU'RE HAPPY AND YOU KNOW IT,



This has got to be the photo of the year.



When you forget to drink your morning coffee



The wife said "here's £20, get the dog a warm jacket, if there's any money left" get yourself a beer.



Information Sharing

Centre Hairdresser

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

Upcoming appointments prior to Christmas/New Year closure:

Friday	4 October
Friday	8 November
Friday	20 December



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.



"Great haircut Norma"

Fun times & special moments @ Gracies



Fun times & special moments @ Gracies

