Donation from Pittsworth Local Quilters
A group of the local Pittsworth Quilters offered to donate a rural quilt specifically for an area in Kincora.
This project has taken some 8 months but worth the wait.
Alex accepted the quilt and shortly afterwards it was hung and adored.
Photo with quilt hung names are - Janet Newlands, Angela Scott, Denise Donohue, Dale Nutley, Barbara Vines, Faye Forrest, Roslyn Uebergang, Alex Metcalf
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Pittsworth Platinum Medical Centre .... 4619 8412
Pittsworth Medical Centre ............. 4693 1900
Women’s Health Clinic ...................... 4619 8422
Podiatrist (for private visit) ............. 4632 1100
Hearing - iHear.............................. 4638 1277
Remedial Massage Therapist (Judy) 0412 492 657
Optometrist (Megan Sullivan) .......... 0410 018 610
Physiotherapist (Jacqueline Scott) ... 0418 747 283
Pittsworth Office ......................... 4693 2255
Child Health Nurse (Mary) ............. 4695 3123
Visiting weekly Tuesdays 10.00am to 4.00pm

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Free Local Delivery
JULY

11th – Hazel Thomas
12th – Gweneth Dillon
24th – Norman Harris
26th – Eileen Clapham
27th – Olive Shone

AUGUST

4th – Colin Polzin
4th – Hazel Ruhle
9th – Florence Knight
12th – Lawrence Logan
15th – Pearl Siebenhausen
16th – Vivian Litzow
19th – Ian Hutchinson
21st – Aartje Vriesema
25th – Ethel Loveday
26th – Jean Lindenmayer
29th – Effie Orphanides

---

Meetings

Monday

Happy Wanderers - Weekly

Wednesday

Caring and Sharing - 3rd Wednesday

Thursday

Older Men’s Network - Monthly - last

Thursday

Community Carer’s Group - 2nd Wednesday

Friday

Mothers’ Union - Monthly

Friday

Senior Citizens - Weekly

Saturday

RSL - Weekly

---

Active Residents Groups

Beauaraba Living Auxiliary … meet 1st Monday monthly 2.00pm. …Lodge Activities Room

Community Carers Group……..meet 2nd Wednesday monthly 9.30am … Community Kitchen

Care Pittsworth…………………..meet 2nd Wednesday monthly 2.00pm Lodge Activities Room

Residents Forum………………..meet 2nd Thursday monthly 3.30pm. …………………………… Kincora

---

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Judith McGrath-Colquhoun
Owner & Director
From the desk of the General Manager and Leadership Team …

We have had a lot of activity since the last Tattler was published and the next two months will be equally engaging.

Over the last two months we have completed a project rolling out the Montessori for Aged Care philosophy with the generous funding support of the Darling Downs and West Moreton Public Health Network. While we have completed the milestones that were part of the project there is still ongoing work required to establish this care philosophy as a fundamental part of what we do for our residents.

As part of establishing this as a lifestyle for our residents, we are looking at the physical environment in which our residents live and interact. Many of you are aware that we are making some modification to the southern end of the lodge to provide an appropriate environment for a suitable cohort of residents. This change in environment is mostly as a result of the findings discovered throughout the PHN Project.

However the refurbishment is also a part of the Board’s desire to update the Lodge overall. So in the coming months you will see new and colourful soft furnishings, continued painting, and new carpet being laid. We will also be looking at the exterior of the Lodge with a view to undertaking repairs and painting perhaps later in the year.

Volunteers Week was celebrated from 8 to 24 May. Our volunteers were provided with a badge and certificate to acknowledge the outstanding support they provide to our organisation and the residents. If you do not yet have your badge and certificate please call in at the Admin office to collect. Our heartfelt thanks to our volunteers – not just in our facility but also the thousands that volunteer in so many other community organisations.

We are so grateful and I’d like to thank the ladies who worked tirelessly on the quilt that has been donated to us and now hangs in pride of place in Kincora. It beautifully depicts life in the country that many of our residents are so familiar with. This is shown on the front cover.

A reflection service was held on the 24 May to remember residents and also staff family and friends who have passed away since our last memorial service. It was a very moving time and, from a personal perspective, I am very appreciative of the thoughtfulness and simplicity of the service. Thank you Charlie for your words of reflection and also those of our team who planned and coordinated.

We have come to the end of another financial year which is a time to finalise and close the “books” on the year that was and continue to plan for the future in particular the year ahead. As part of its responsibility the Board reviews and, if acceptable, endorses our operational budget as well as our Capital, Repairs and Replacements, and Refurbishment submissions. We will keep you informed of any projects once approved and programmed into our schedule. The Board is also continuing to review design concepts for the next possible building project. We are planning a trip to Kaloma in Goondiwindi to glean ideas from their recently completed extensions.

Until next time, Alex, Janet, Adrienne, Kim & Kate
Meals on Wheels is a community Service to people who are frail aged, younger disabled, their carers and community members. This service enables people to continue living comfortably in their own homes. Volunteers deliver meals directly to your homes. Meals on Wheels
Contact 0427 586 684
Remember this service is available to everyone to use. Volunteers always welcome!

Beauaraba Living Auxiliary
Volunteers supporting
BEAUARABA LIVING
Shop opening hours
Monday........ 9am - 4.30pm
Tuesday ........ 9am - 4.30pm
Wednesday .. 9am - 4.30pm
Thursday...... 9am - 4.30pm
Friday .......... 9am - 4.30pm
Saturday ...... 9am - 11.30am
New volunteers are welcome. Drop in and see us at the Opportunity Shop. Donations gratefully accepted. Note: Furniture now taken. Phone 4619 8422

HELP US TO HELP YOU
Tell us what we do well and how we can improve.
If you have any suggestions or comments, please contact

General Manager
Beauaraba Living
10 Weale Street
Pittsworth Qld 4356
Phone: (07) 4619 8422
Fax (07) 4619 8400
email: care@beauarabaliving.org.au

or
Board Chair
Mrs Ann Garland 0458 931 120

SUGGESTION BOX
Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in the foyers of all buildings. Staff on duty can assist you if required. These forms can then be placed inside the box for daily collection.

or
External avenues that you may use if the issue is not resolved.
Qld Aged and Disability Advocate
- Freecall 1800 818 338
Aged Care Complaints Commission
- Freecall 1800 550 552

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Giving away one Hollator once a month for FREE. Register your interest now!
Welcome to July. We have been blessed with a relatively mild winter so far, but we could certainly do with some rain. This was very evident on our recent trip to Yarramalong Weir. I suppose it doesn’t help that the country is wearing it’s winter coat, making things look dryer.

With David back from holidays, and after a short break, our Choir has resumed, and are practicing again on Tuesday afternoons. They are scheduled to entertain at Friendship Morning on the 14th of September. Choir members, remember to invite your families along on the day to see you perform. After the 14th, there will be a short break, before resuming again to prepare for Christmas.

Since last Tattler, we enjoyed a lovely morning tea hosted by the Uniting Church, with the bus making several trips to get everyone to and from. Our monthly Coffee shop outings continue to be popular, as are the several monthly jaunts to different places around our local area.

Everyone who went to Morning Melodies at the Empire on the 15th had a wonderful time. They enjoyed ‘Back To The Tivoli’ featuring Wayne Cornell and the Tivoli Showgirls. The show also featured 20 year old World Juggling Champion Cody Harrington, and international instrumentalist Nick Bavarelli, musical theatre singing sensation Leigh Archer and international song and dance man Derek Metzger.

Cater Care hosted a ‘Spanish Cuisine’ Luncheon on the 22nd, which was an interesting experience for us all. For starters we sampled ‘Spanish Style Prawns with Potato Tortilla’, for mains we had ‘Chorizo, Checkpea & Bean
Stew with Rice’, and for Dessert we will have ‘Crème Catalana’, which is pastry with Spanish Custard. WOW!!! We are very fortunate to have the opportunity to try different international foods, and for this experience, we thank Nicola and her crew.

Don’t forget Cater Care are hosting ‘Saturday Night Fever’ on the 13th of July, and Management have approved this as a dress up day for Staff and any Residents who wish to participate. Cater Care are also hosting a ‘Hawaiian’ Theme day in August.

Our men were invited up to the local Men’s Shed on the 22nd June, and all who went had a great morning. Thankyou to the members of the Men’s Shed for this enjoyable outing.

Also, come along early for happy Hour on the 21st July as the Barber Shop Singers will be entertaining us again. As some of their members have a long drive after their visit, they will perform from 3pm to 4pm.

On the 1st June, St Stephen’s School children visited us again. A huge ‘thank you’ to the Teachers and School for facilitating these visits, our Residents gain so much pleasure from interacting with the children.

We recently had another visitor who popped in and created much interest. A koala was spotted strolling through the Lodge gazebo gardens before climbing one of the gum trees. Unfortunately it didn’t hang around too long, and was gone the next day.

Stay well and stay engaged,

The Lifestyle Team
Many of you will have seen some changes occurring in the Lodge over the past few weeks. To me these are very exciting, as I can see they are positive not only for Beauaraba Living, but also the community on a whole.

Memory Loss is very common in our aged community. Many years ago, it was not recognised, and quite often the stigma attached with memory loss, is not a positive one. The stigma is associated often with suffering, loss of mind, loss of independence and disability. Memory loss does not necessarily mean dementia, there are many causes of it, but no matter what the cause, if we can support that memory, the person can regain some of that independence and reduce the anxieties and other medical concerns that can be associated.

One way of supporting this is ensuring that the environment is not too big and that visual cues can be used. For this reason there has been a door installed at Knowledge Corner in the Lodge, and two separate units will be formed. One of these units will be aimed at supporting the memory of certain residents using the Montessori Methods. We have seen this area being painted, new curtains are planned to arrive very soon throughout the whole lodge, there will also be new carpet laid in wings 1,2,3,8 & 9.

The old activity room will become another dining/living area, and we will be transforming the pool room/library into a gym with new equipment to be ordered soon.

I wish to thank all the residents that have been involved in or affected by these changes throughout the past few weeks, for their understanding and support. It is you that are helping to “bring wellness to every day”

‘till next time  Kim Solomon

DAYTIME SERIES

Sunday 20th August - 3pm
Broadway favourites

Sunday 8th October - 3pm
Qld Pops: Teddy Tahu Rhodes

Thursday 12th October - 11am
Back to the Tivoli

Thursday 7th December - 11am
Craig Martin Christmas Show
Beauaraba Living Auxiliary & “Op-Shop” Report – Barb Piper, Chair
Report for June 2017

It’s nearly the end of the Financial Year again and time to look back over the past 12 months. I know how busy the Auxiliary has been with the “Op-shop” and we have a large contingent of volunteers who work tirelessly for our organisation.

The shop goes from strength to strength and is well supported by our local community, but there are also people who come from outside the area to browse throughout the shop and are disappointed if they don’t find a few bargains to take home.

The committee are continually making improvements to the running of the shop. We invested in some new shelving to display our kitchen items and luggage and often utilise donated items to improve organisation and display. Dennis & Fay Ott donated a display cabinet, which was gratefully received and now displays our quality china, etc. The Mens Shed utilized some shelving and doors to build us a stand for storage bins of clothes waiting for room on the shop racks, thank-you so much for this. The sorting area now looks a lot tidier (most of the time).

Once again, we are looking for more volunteers. I don’t think we could ever say we have too many!! At this time of year, a lot of people like to head off on holidays, or go down with winter illnesses and then we have to fill the gaps!! So bare the shop in mind if you have a few hours to spare!! It’s also a great place to make new friends and companionship.

Bingo is still popular and adds to the income of the Auxiliary.

Our main purchase this year has been the tables and chairs in the dining room at the Lodge. However, refurbishments are currently under way in the Lodge and we will be able to reimburse Beauaraba Living for curtains & furnishings used in this project.

Until next time,

Beauaraba Living
Auxiliary and
Volunteers
I would like to commence the Board report by acknowledging the wonderful care team at Beauaraba Living as well as the Leadership team who work together to ensure the high quality care that our residents receive. I would also like to acknowledge the volunteers who visit Beauaraba Living and provide a variety of support and friendship to the residents as well as working in the Beauaraba Living Op Shop. The Op Shop is an outstanding success and relies entirely on volunteers so thank you to them. I take this opportunity to acknowledge members of the Auxiliary, the Foundation and Care Pittsworth as well as Board members for their involvement and their time in supporting Beauaraba Living.

The Board is continuing to discuss future development for Beauaraba Living as some big decisions have to be made to decide our future direction. Board members are involved in a variety of activities to increase their knowledge including Board training and education at each Board meeting and attending relevant courses. In July a visit is planned to Kaloma aged care facility in Goondiwindi by members of the Board so they can learn about other facilities in the region. I attended the Resident’s Forum meeting in April together with Ken Stallman and was pleased to meet with President Col Polzin and hear some of the concerns of the residents.

You have probably noticed the front facade of Beauaraba Living is now looking fresh and inviting following the redecoration and painting and I thank the Foundation for their involvement in this upgrade. Currently there is some refurbishments happening in the Lodge which will not only repurpose the bottom portion of the building but with new carpets and painting freshen-up the top portion of the Lodge.

With the cooler months upon us I hope everyone remains warm and well and enjoys the winter season. **ANN GARLAND - Board Chair**
Hello Tattler readers and supporters, trust you are enjoying the rather mild winter, unfortunately the much needed rain is not coming Pittsworths way.

Myself, Max and Jean Caesar had a very fruitful trip to Nobby recently to meet up with Ken Greisbach, a Blacksmith of renown. I personally have know Ken for many years through our involvement with DownsSteam Tourist Railway. The reason for our visit was to ask Ken for a unique design for the Tree of Reflection which is to be constructed at the eastern end of the Medical Centre. Ken is now in the process of drawing the design and sourcing specific materials. He has an amazing workshop at his Nobby Forge and Jean and I had great difficulty getting Max away as he was completely in awe of what Ken produces, he has orders from all over Australia.

Our Foundation Golf Day preparations are coming along with requested sponsorship coming in. Special thanks to the financial supporters of this event. Mark the 27th August on your calender for a great fund raiser fun day at the Golf Club.

Our Spring Postie Fashions Party at the Bowls Club on the 23rd of September is always an enjoyable afternoon for the ladies.

My special thanks to Jean Caesar for the professional production of the Tattler it has a wealth of news for the readers. I look forward to bringing you more Foundation news in the September Issue.

**ROS SCOTNEY - Foundation Chair**
ANZAC Day Gifts

The residents and staff would like to thank these people for their Anzac Day Gifts
25th April 2017 - ‘LEST WE FORGET’

Pittsworth Bowls Club – 2 x Books
The Book of the Poppy +
The NEK A Gallipoli Tragedy
Beauaraba Living Auxiliary – Mitre 10
Gift Voucher
Pittsworth Sprints – Book –
The Story of Australia
Southbrook Central State School –
Books x 2 -Victoria Cross Heroes of WW1
+ The world of War.
Broxbury Music Club Pittsworth – Book
- Toowoomba’s Wonder years
Local Ambulance Committee – Book –
Lonely Planet’s Wild World
Pittsworth Art Group Inc. – Art Supplies
U3A lunch group – Art Supplies
Pittsworth Scouts – Books x 2 –
A Broken World + Anzac Girls
DownsSteam Railway Museum –
Art Supplies
Leukaemia Foundation – Art Supplies
Beauaraba Foundation – Art supplies
Pittsworth Danes Senior Rugby League
– Disc (Movie – LION)
Pittsworth United Lodge – Book –
Incredible Dog Journeys
Pittsworth Mens Shed – Book –
Australian Bush Pubs
Pittsworth Kindergarten Assoc –
Posters – Anzac/Remembrance
Unknown donation of books –
Comfort & Strength + 4 small books

DONATIONS for Palliative Care Room
Pittsworth Community Gym and
Pittsworth Boxing Group –
Betta Electrical gift card - $100
Pittsworth Campdraft Assoc – 2 x CD’s
– Simon & Garfunkel + Michael Buble
Fire Safety...

To enhance Resident and visitor safety we wish to remind everyone of the process to follow in the event of the fire alarm sounding. New signs have been placed through the facility to prompt every one of the steps to take. Should you have any questions please ask staff on duty or contact the facility on 46198 422.
Food services: Nicola was introduced to the residents by Col. Nicola gave a rundown of her History & Experience. She stated she is enjoying her time at Beauaraba Living and wants to make things nicer for residents. The meeting spoke about a few issues with the menu: Too much chicken, more silverside, more chicken wings – Nicola advised that chicken wings had to be taken off the menu due to choking risks. Cold cuppas has been an issue at times, but Residents agreed that when this happened, they did ask for a hot one. Nicola advised the forum that she would look into these issues and welcomed all responses from residents so she can look at fixing them. It was generally agreed that the meals have definitely improved and Nicola reiterated that she will continue working with Residents to find preferred meals. By next meeting, Nicola will be seeking feedback on the Winter Menu. It was a General agreement that the soup has been much nicer. No further issues were raised and Col thanked Nicola for attending.

Anzac Day Service: Residents agreed that it was one of the best yet, with more people from the community choosing to attend the Beauaraba Service. Comments were made that the Female Cadet presented very well, and that the Bugler was exceptional. Col thanked Caroline for the effort and dedication she puts into organising these Services.

Bingo prizes: It was generally agreed that Residents are playing Bingo on the weekends for the company and pleasure. It was reported that the attendance is up despite not having prizes. Daisy was thanked for the good job she has been doing as a caller both on the weekend, and also when she filled in for Betty.

Janet’s report: Plans for creating separate unit at bottom of Lodge are progressing. As the top half of the Lodge gets considerably more wear & tear, carpets for this area have been ordered. New curtaining will go up also. Management are looking at funding for new building, and repurposing current buildings. We are currently looking at building on the corner of Centenary & Daniel Streets. Management has applied for more funding for gym equipment, and were awarded this grant. We are looking at the possibility of moving the Pool table and using this room as a Wellness Centre. Viv has been looking after the Library for us and has mentioned we are getting more books and we need to look at the possibility of more shelving. Viv was thanked for his contribution to our community. Janet was asked if it is acceptable for Residents to help each other into chairs, she replied that although this is a lovely idea, it is not safe for Resident to physically assist. If residents need assistance they should press their buzzer or call staff to help. It is important that we support each other, but physically assisting each other could be potentially dangerous to both.
The Courtyards and Gazebo’s are areas that have been designed for Residents and families to use. Residents are reminded that they can use any of these areas, not just the ones in areas where they live.

A reminder for those Residents who attend Happy Wanderers, please organise a family member or friend to accompany you if you wish to go on the scheduled Happy Wanderers outings.

Regarding the ‘Service of Reflection’ held on Wednesday 24/5/17 to pay our last respects to those no longer with us, Residents agreed that this was an excellent service. Congratulations to Charlie for leading this service, and to Kay for putting together a beautiful memorial DVD. Everyone felt that this added a very special touch.

Another reminder that if you feel unwell with Cold like symptoms, please advise staff who will encourage you to remain in your room until you are feeling better.

**Alex’s Report:** The painting at the bottom half of lodge is progressing well. This new area will be the Memory Support Unit, with a view to catering for very active Residents. We are looking for a suitable name for this unit, which will be in line with the naming of our different areas, after local areas in our district.

The Board are looking at the future and Alex reports a huge demand for beds, and Beauaraba has a huge waiting list. The Board and management are looking into different design concept options, with a view to cover future needs.

**Morning Melodies:** All agreed that it was another great show and thanked all Staff who went on the day, for the good job they did looking after the Residents.

**Choir:** Residents agreed to start practise again, so we will schedule a performance for the 14th of September. After a short break we will resume again, in preparation for a Christmas performance. Choir members were reminded that they are welcome to invite their families along to watch them perform.

The next CCA major themed event is ‘Saturday Night Fever’ and will be held on 13th July.

Staff will be encouraged to dress up on the day and any interested Residents are welcome too also. Next Thursday 22nd June, CCA are hosting a ‘Spanish’ theme luncheon. It was agreed that it is interesting to try different foods from different countries.
1. Care recipients’ rights - residential care

Each care recipient has the following rights:

- to full and effective use of his or her personal, civil, legal and consumer rights;
- to quality care appropriate to his or her needs;
- to full information about his or her own state of health and about available treatments;
- to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- to live without discrimination or victimisation, and without being obliged to feel grateful to those providing his or her care and accommodation;
- to personal privacy;
- to live in a safe, secure and homelike environment, and to move freely both within and outside the residential care service without undue restriction;
- to be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
- to continue his or her cultural and religious practices, and to keep the language of his or her choice, without discrimination;
- to select and maintain social and personal relationships with anyone else without fear, criticism or restriction;
- to freedom of speech;
- to maintain his or her personal independence;
- to accept personal responsibility for his or her own actions and choices, even though these may involve an element of risk, because the care recipient has the right to accept the risk and not to have the risk used as a ground for preventing or restricting his or her actions and choices;
- to maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions;
- to be involved in the activities, associations and friendships of his or her choice, both within and outside the residential care service;
- to have access to services and activities available generally in the community;
- to be consulted on, and to choose to have input into, decisions about the living arrangements of the residential care service;
- to have access to information about his or her rights, care, accommodation and any other information that relates to the care recipient personally;
- to complain and to take action to resolve disputes;
- to have access to advocates and other avenues of redress;
- to be free from reprisal, or a well founded fear of reprisal, in any form for taking action to enforce his or her rights.

2. Care recipients’ responsibilities - residential care

Each care recipient has the following responsibilities:

- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;
- to respect the rights of staff to work in an environment free from harassment;
- to care for his or her own health and wellbeing, as far as he or she is capable;
- to inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and current state of health.
Beauraraba Living Op Shop is looking for extra volunteers to help staff the shop. The Op shop is a fund raising arm for Beauraraba Living and solely reliant on volunteers. If you can help, or would like to know more please contact Jeanette 0429 001 251 or Barb 0427 958 268.
Hubinger Electrical Pty Ltd

Gavin Hubinger

Phone: 07 4693 2810
Mobile: 0429 890 570
Contractor No: 52 436

Tap & Toilet Repairs
Burst Pipes
Gas Installation & Repairs
Hot Water System/Solar
Roofing & Guttering
Blocked Drains
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All activities held in Norwin unless otherwise stated.

Community Participation:

Monday - Happy Wanderers
Wednesday - Fruit Man
Thursday - Hairdresser

Hairdresser here

9:15 Tai Chi & Nail Care in Kincora, Norwin, Irongate
10:30 Indoor Bowls & Cooking
1:00 Garden Club in Lodge
3:30 Cards with Betty & Crew

Hairdresser here

9:15 Gentle Exercise
10:30 Bingo Morning Concert
1:15 Bridge
3:30 Mixed Bus Outing

Hairdresser here

9:15 Gentle Exercise
10:30 Bingo Morning Concert
2 - 2:30 Ice Cream Parlor
3:30 Cards with Betty & Crew

Hairdresser here

9:15 Gentle Exercise
10:30 Bingo Morning Concert
2 - 2:30 Ice Cream Parlor
3:30 Cards with Betty & Crew

Hairdresser here

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10:30 Bingo Morning Concert
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Hairdresser here

9:15 Gentle Exercise
10:30 Bingo Morning Concert
2 - 2:30 Ice Cream Parlor
3:30 Cards with Betty & Crew

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SUPPORTERS OF BEAUARABA LIVING

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District 9630
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