The bimonthly newsletter of Beauaraba Living ~ for the residents, members and wider community

The September/October 2017

Pittsworth Platinum Medical Centre
10 Weale Street, Pittsworth
Telephone: 07 4619 8412
Monday to Friday 8.00am to 5.00pm

Facsimile: 07 4619 8414
www.platinumhg.com.au

ISSUE 25 ~ IN THIS ISSUE
• Executive Team Report • Living Life Project
• Residents Forum • Auxiliary Report • Saturday Night Fever

Refurbishments are well underway. New Carpet, new curtains in all the wings, murals going up at the ends of each wing. Felton invites you in along with Kincora.
Meet Chef Chris Moffett. .................. 13
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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  
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Optometrist (Megan Sullivan) .......... 0410 018 610  
Physiotherapist (Jacqueline Scott) ... 0418 747 283
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Prescriptions • Home Medication Reviews • Vitamins
SEPTEMBER
4th – Hilda Baker
5th – Vera Kelly
6th – Doris Petersen
25th – Elaine Gesler
25th – Maxwell Mitchell
28th – Victor Harris
30th – William Beech

OCTOBER
10th – Daisy Perkins
14th – John Sullivan
15th – Iris McEwan
15th – Daphne Tuckwell
16th – Robert Derrick
21st – Edna Keeley
23rd – Kevin Janke

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Meetings

Monday
Happy Wanderers - Weekly

Wednesday
Caring and Sharing - 3rd Wednesday

Thursday
Older Men’s Network - Monthly - last

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Thursday
Community Carer’s Group - 2nd Wednesday

Friday
Mothers’ Union - Monthly

Friday
Senior Citizens - Weekly

Saturday
RSL - Weekly

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Active Residents Groups

Beauaraba Living Auxiliary ....meet 1st Monday monthly 2.00pm. ....................... Board 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. ......................... Norwin
From the desk of the

General Manager and Leadership Team …

Welcome to the Spring edition of the Tattler, though most of us are still waiting for winter! There has been a lot happening at Beauaraba Living leading up to the end of the financial year and into the new one. If you have visited recently you couldn’t help but notice the buzz of activity in and around the corridors and outside of the lodge.

The Board of Directors has committed to a general refurbishment of the Lodge and repurposing the southern end of the building as another Memory Support Unit. While there are some minor design issues in utilising the Lodge for high care, the building itself is a timeless design and has plenty of life left. Its light open corridors and north facing rooms have always been a major selling point of our facility.

A facelift will mean fresh paint, new carpet and curtains throughout the corridors and also a repaint and repairs to the outside. Due to moisture damage, the lattice has been removed from the gables and extensive repairs to the facias and trims have been carried out. The colours we have chosen will bring consistency across the whole exterior of the facility. We will also continue with refreshing the individual accommodation rooms as and when we are able. Much of the work has been completed but still plenty to do. Feel free to drop in and take a look at what’s being done.

A lot of prep work has also been done in our gardens in the lead up to the growing season. We are looking forward to our gardens coming alive over Spring and Summer. With confidence we have once again entered the Toowoomba Carnival of Flowers Garden Competition.

Recently Janet and myself along with Directors Ann, Ken and Graham took a day trip to visit Kaloma Home for the Aged at Goondiwindi. With Paynter Dixon as project managers, they have just completed an extension to their facility increasing from 50 to 80 beds. It was great to be able to discuss some of the design concepts incorporated in this project and hopefully utilise some of those concepts in our future building project.

The demand for residential aged care is increasing and it is vital that we keep up with those trends and demands, ensuring we have the appropriate resources to manage these aged care needs into the future.

In other happenings around our home, I’d like to welcome our new Cater Care Chef, Chris Moffatt. Chris joins us with a wealth of experience and a willingness to learn. An easy to talk to family man with a desire to provide a high quality service, I know he will make a great addition to our team. Welcome aboard, Chef!

Janet, Kate and I recently attended the Big Ideas Summit 2017 in Toowoomba. It is an opportunity to network with local business leaders who are eager to develop fresh ideas for their organisations. The speakers are motivational and talk from their experiences and not just their knowledge. We are keen to introduce a number of fresh ideas we came away with.

Finally, in our commitment to providing a safe and healthy work environment, we recently conducted a safety assessment on the transfer of our waste from collection points in the facility to the main skips. We found that manually decanting waste from the wheelie bins to the skips was not conducive to good manual handling or to proper infection control procedures. To reduce the risk we have acquired a hydraulic powered bin lifter that will tip the wheelie bins into the skips with minimal manual handling and contact with the waste. Pictured are Greg and Louis taking delivery of the new equipment.

I look forward to providing further updates on our ongoing activities in the next edition of The Tattler.

In the meantime …….  

Louis and Greg check out the new lifter after its arrival.
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

WANTED
With Christmas fast approaching, Beauaraba Living is looking for any spare Baubles or Xmas lights you may have for craft work and decorating with the Residents. If you are able to donate could you please drop at Admin, 10 Weale Street, Pittsworth.

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Welcome to Spring!! Even though we had some big frosts during winter we also had some beautiful sunny days. Hopefully spring will bring some welcome rain and warm days.

We have had a busy couple of months with many highlights during July. Our bus trip to Oakey RSL Club was a wonderful morning out. This was very popular, we had a full bus and our wonderful volunteer Shirley assisted by taking a car full of residents. Cathy Drummond was the entertainer and what a voice she has! Many of our residents were singing and tapping along to the music. A lovely morning tea was served prior to the show. Hopefully we can do this trip again later in the year.

On the 6th July Cater Care hosted a special NAIDOC luncheon which most people enjoyed. Cater Care then hosted “Saturday Night Fever” on the 13th July. Residents and Staff had a great fun morning dressing up and the photo booth was extremely popular. A delicious lunch was served to top the morning off.

Our Mens Shed outing has proved to be very popular, so this will be a regular outing every month. It’s great that some of our men folk take the opportunity to go out into the community and enjoy a cuppa and a chat. Thank you to everyone at the Men’s Shed for your hospitality.

Recently we welcomed John Walter to talk to us and show us some great photos of his early travels and explain what gave him, what he called “The Travel Bug”. In August John gave a wonderful presentation on Kenya. Thank you John. We look forward to John coming monthly and sharing more of his wonderful travel tales. September’s topic will be Queensland’s Channel Country.

The Barber Shop Singers once again joined us for Happy Hour on the 21st of July. Everyone had a great afternoon and we thank them sincerely for coming to entertain us.
August proved to be another busy month, with so many activities going on its hard to keep up. The local bus trips prove very popular with seats filling quickly each time.

The Uniting Ladies Fellowship Group invited us to The Grange for Soup, Sandwiches and Sweets on the 8th. Thank you to Pat, Diane and Doug for sharing your wonderful pictures and commentary on your amazing USA holiday. Thanks must go also to Doug and Dianne for providing the venue. A lovely morning and delicious food was had by all who attended. Once again it’s lovely to be invited to these events to maintain our community connections and we thank everyone very much for their wonderful hospitality.

Cater Care hosted “Hawaiian Day” on the 17th. Wouldn’t it be lovely to be in Hawaii during the cold winter?

Seniors Week was held from 19th -27th August. Toowoomba Regional Council hosted a morning tea and concert featuring John Minors at the town hall on 22nd. A great time was had by all.

Our coffee shop outing was once again a popular choice, with many residents enjoying some delicious treats.

Stay well and stay engaged !!!

The Lifestyle Team. Until next time,

Alex, Janet, Adrienne, Kim & Kate

The Lifestyle Team
Music & Memory. Leads to great results! And fun times.....

As Beauaraba Living ends its first 12 months of being associated with the Australian Arts Health Institute for the Music & Memory Program, I wanted to share with you one of our many good news stories...

Mr Aubrey York, was introduced to Music & Memory, in a hope that it would assist with chronic pain and to relieve the boredom of being confined for long periods in his bed.

When David Solomon, from our lifestyle team, initially attended and spoke to Mr York about his favourite types of music, it was evident that Australian Country and Western, and dance music were what was important to him. Mr. Jeff Brown a Darling Downs Local, is his favourite artist and Aub had attended many a concert of Jeff’s in the past, and owned lots of his tapes and CD’s.

David explains that music is something that is very personal to the individual, not everyone, likes the same type of music... “we have all had experiences of hearing the ‘neighbours’ or ‘kids’ music that we cannot stand to listen to, yet obviously they love it.” Music and Memory is very important for reminiscing also. “Think about when you are driving in the car, a certain song comes on the radio, and you start thinking about a time and place that song can take you back to.”

For this reason, the Music & Memory program is presented using iPods and headphones, with individualised assessments, care plans and play lists.

Currently Beauaraba Living has X of the residents participating in this program. Mr York receives his iPod 2-3 times per week, when asked what is important about the Music and Memory Program, he told me “this is time when I get peace and quiet, I really enjoy it, it makes my day.” He went on to say that “At times the music helps with my pain as it gives me a chance to forget about it for a while.” Staff have also commented on how happy Aub is after he has received his music.

Recently, David saw that the Pittsworth Bowls Cub was presenting the “Jeff Brown Show”, and an idea came to him. After Liaising with the Leadership team and the Bowls Club, David was able to go to Aub to see if he would be interested in attending. His eyes lit up and it was very obvious that we needed to make this happen.

So along came, Saturday the 12th of August. David arrived at Beauaraba (on his day off) to collect Aub and escort him over to the Bowls club for the evening. All the staff had assisted to ensure he was as comfortable as possible ana ready to go. Off they went. Aub with a smile from ear to ear. Lex from bowls club ensured that easy access was available and nothing was too much trouble. This smile remained on his face all night. The evening was made even more special when Jeff Brown recognised Aub, and came up to shake his hand, and later singing the song “Tomorrow”, not only a special request of Aub’s, but also a song that Jeff had not sung for many, many years.

Aub felt it was a “marvellous evening”, and it was the first time he had been out of the facility for about 12 months. Aub and I would both personally like to thank all the staff that made this evening possible, especially David, the afternoon shift on the 12th, Pittsworth Bowls club and Jeff Brown. You are all helping to bring ...

......Happiness to every day. ‘till next time

Kim Solomon

(See page 12 for a photo with Jeff Brown)
Report for August 2017

The “Op Shop” is still very busy sorting donations and changing stock and trying to keep the shop interesting and tidy. Our volunteers do a great job on all fronts. We have our Winter Sale on at the moment, but with the warm weather are introducing Summer stock as we go. In July we donated $9,858 to Beauaraba Living to purchase a bed bath & mattresses for the comfort of our high care residents who are unable to shower easily. This month, Alex asked if we could help fund the new furnishings in the Lodge. $12,714.65 was donated towards the costs of the new curtains. We have also given $400 for the Entertainers. The Auxiliary is happy to be able to work towards making Beauaraba Living a comfortable and attractive place for the residents. Plans are going ahead for another Melbourne Cup Luncheon in November, thanks to Ann Stallman who does a mighty job organising the day. We hope this will be a fun day for the Pittsworth Community. We, as usual, are looking for more furniture and volunteers. At this time of year many of our regular volunteers go away for a long holiday, so the ones staying at home are kept very busy!

Until next time.

Barb Piper for Beauaraba Living Auxiliary and Volunteers.
BOARD REPORT
The Board has been working steadily over the last couple of months to ensure the ongoing success of our wonderful facility. We are still considering the future development for Beauaraba Living and are contemplating a number of options which I will report on once a decision has been made.

The refurbishments have continued in the Lodge with new carpet been laid in the top half of the lodge. It looks very smart and has changed the whole appearance of the area – I also understand that new curtains have been hung and there are plans to paint the area in the near future. I am sure the residents appreciate the changes to their home. The refurbishment and re-purposing of the bottom section of the lodge are also close to completion.

Board members have continued to be involved in activities to increase their knowledge with a Board member attending a conference run by Better Boards. In July three Board members and two from the Leadership Team visited Kaloma in Goondiwindi to see their new extension. Kaloma is a lovely facility with wonderful golf course views and the new extension was very impressive. It gave us some ideas for Beauaraba Living’s future plans.

I could not finish my report without acknowledging everyone who makes Beauaraba Living the great place that it is including the Leadership Team, care staff and volunteers.

I hope everyone has remained well during our rather mild winter and are looking forward to spring which is nearly upon us.

ANN GARLAND
Board Chair
Hello Tattler readers and supporters, trust you are keeping well and avoiding the winter flu that seems to be very severe this season. We are still waiting for the much needed rain with spring approaching our gardens will need a good drink plus the farmers crops.

Our Foundation Golf Day is now fast approaching on Sunday 27th and again I thank the sponsors for their donations, I hope we get a good roll up of players. Rotary have again agreed to supply the Barbeque during the day, we also have some great raffle prizes.

Invitations have been posted for our Postie Spring Fashion Party at the Bowls Club on the 23rd September at 1pm, no doubt Sue Rogers the Postie fashion coordinator will have some new and bright spring fashions on show.

We had a very productive on site meeting with Craig Manktelow from C&R Concreting, Ken Greisbach who will design and construct the Reflection Tree, along with Janet Newlands, Max, Jean and myself. Craig is getting Leroy Palmer a Design Engineer to draw up plans for the wall, and Ken has after much searching found a company in Toowoomba who will design and mould the leaves. Just as a reminder the Reflection Tree will be constructed on the lawn area at the eastern end of the Medical centre, with a Pergola being built in front of the wall with seating so relatives or friends who purchase a memorial inscribed leaf will be able to sit quietly and remember special memories of their loved ones Until the November edition of the Tattler.

ROS SCOTNEY
Foundation Chair
Aub meets singer Jeff Brown following his show at the Bowls Club recently,

Now that you have finished reading The Tattler, please share it. Email on to your friends and other Family members. We are working hard to connect our residents with family and friends. Thanks for helping us!

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Cater Care and Beauaraba Living welcome new Chef Chris Moffett.

Residents have warmly welcomed new Chef Chris to head up Cater Care team at Beauaraba Living. Chris brings with him 18 years of working as a Chef, where he has gained extensive experience in hotel chains along with the oil and gas industry. Chris is thrilled to have the opportunity to join CC & BL and we love having Chris join our team.

Over the past month, Chris can reflect quality of time he enjoys with the residents and also with his home family life and young children. Chris has stated “you can look out for more interaction and communication with the residents”, he is a firm believer this is their home and he would like, to the best of his ability cater for all our resident’s needs.

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Residents Forum

Food Services: Comment that a lot of white bread is being served instead of brown. Kim will speak to Cater Care. A request for meal choice at lunch. Attendees were advised they can always ask for salad or sandwiches as an alternative if they do not like the lunch time menu. The issues with cool cuppas has hopefully been resolved. Some suggestions made of dishes Residents would like to see on the menu. Residents advised to discuss with Chris when he does his daily rounds.

The Oakey RSL Morning Melodies: Residents who attended agreed that this was a great morning.

Choir: There have been a couple of changes to the program, and David advises there are only 3 or 4 more practices before the next performance on 14th September.

Men’s Sheds: The men who have been going are thoroughly enjoying these outings, and look forward to their monthly visits.

“The Travel Bug”: Residents are enjoying John’s presentations, and are looking forward to the next one in September, ‘The Queensland Channel Country’. Thank you John, these sessions are increasing in popularity.

Resident Meeting Change of Dates: Explanation given for change of dates, and all Residents voted that they were happy for Resident Meetings to now be held on the 2nd Thursday of the month at 15:30 hrs in Norwin.

Dress up Days: Residents agreed that they enjoy these days, and commented that the recent ‘Saturday Night Fever’ day was absolutely wonderful, and they haven’t laughed so much in a long time.

Carnival of Flowers: We have secured a time slot for a tour of Laurel Bank Park on the 11th September at 11:30. The cost is $5 a head, and Residents wishing to book seat are advised to pay at Admin. First in best dressed. Admin will accept a standby booking in case anyone becomes ill.

Morning Announcements in the Lodge: A Resident has kindly agreed to assume responsibility for carrying out this activity.

Alex’s Report: The lattice on the outside walls of the Lodge is dated, and difficult to maintain, so this will be removed and the areas repainted. Painting of the inside of the Lodge will continue, and the remainder will be carpeted as well. Alex advises that the automatic doors in the walkways now have new sensors, this will stop them closing on people, trolleys etc.
The planning of a new building is ongoing. Prior to Spring, Greg will be getting some help to assist with pruning. Alex asked for discussion about the Name Board in the Lodge. Management are looking at taking down the board for privacy reasons. The Agency has asked about this on previous visits, but it has been left up as this is what Residents wanted. After much discussion, Kim suggested to hold a secret ballot, which would go to all Residents in the Lodge. This was agreed upon. It was suggested that if the board was a privacy issue, then would names for Birthdays on the planner be also? From October Christian names only will be used on the planner.

Kim’s Report: Kim advised that the bottom half of the Lodge will be called ‘Springside’. Also that a flower murals have been put on the cupboard doors at the end of Wing 6, and the rest will be put in soon. Hot Pots have been sourced and these will be put around the Lodge so Residents can make cuppas at any time. The TV room will be painted soon. Once the new carpets are completed in Springside, the doors will close. Kim advises that manicures will be done in the hairdressing salon, which will be renamed ‘The Salon’, and Residents will receive appointment cards.

Uniting Church Outing: A suggestion was received to send a letter of thanks to the Uniting Church Ladies Fellowship Group for the beautiful luncheon provided, and also to send a letter of thanks to Cattell’s for their wonderful hospitality.

Bingo cards: The sourcing of suitable cards is ongoing.

Upcoming Events: Include a Seniors Week Concert at the Town Hall sponsored by TRC on 22nd August. The bus will be available for those wishing to attend, and Lifestyle staff will be around to take names in the near future.
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.
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**Lifestyle Planner September 2017**
**SUPPORTERS OF BEAUARABA LIVING**

**Ros Scotney**  
Chairperson  
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