

Burnie Brae NEWSLETTER



Issue 2:

**MARCH 2020
NEWSLETTER**

WHAT'S INSIDE?

Garden Tips

Page 3

Member Story

Page 4

New Respite Activities

Page 5

Exercise and Cognitive Decline

Page 6

HC PLUS Enoggera Open Day

Page 7

Support Coordination

Page 8

Great Southern Rail

Page 9

Events

Page 11 & 12

07 3624 2121

www.burniebrae.org.au

Burnie Brae

60 Kuran Street, Chermside

\$2500 RAISED FOR HUMMINGBIRD HOUSE



We are very excited to announce that together we raised \$2500 for children's hospice Hummingbird House during our Christmas raffle last year.

Located in Chermside, Hummingbird House is Queensland's only children's hospice. The charity provides short break stays, family support services, creative therapies and care at the end of life. The charity relies on the generous support of its sponsors to provide its services to the 3700 children living with life-limiting conditions in Queensland.

Sonja Marsden, community relations coordinator at Hummingbird House, stated that the charity "requires \$3 million per year to support its residents, so donations like these are very much appreciated."

Burnie Brae would like to thank everyone who supported this fundraiser as well as our generous partners who contributed to the prize pool: East Coast Precision Cloggers, Charlie's Fruit Market, Fox & Hounds Country Inn, Electracare, Kedron Wavell Services Club, Ehlerth Electrical and McGrath & Frisby Plumbing.

WOULD YOU LIKE TO SUPPORT HUMMINGBIRD HOUSE?

You can donate via the Hummingbird House website as a once off donation or a monthly donation.

<http://hummingbirdhouse.org.au/home/donate/>



CENTRE NEWS



EVENTS AT BURNIE BRAE



- | | |
|----------|--|
| March 3 | Ceramic Plate Workshop
GOLD Workshop \$5.00 |
| March 4 | Cruise Expo
Travel Event Free |
| March 14 | Floral Masterpiece
Art Workshop |
| March 18 | Realising your Dreams
Wellness Presentation \$15 |
| March 23 | NBN Explained
Presentation Free |
| March 24 | Rag Rug Making
GOLD Workshop \$5.00 |

SEEKING: VOLUNTEER DRIVERS

Do you consider yourself a safe driver and can you spin a yarn with people from all walks of life? Volunteer driving at Burnie Brae may be for you!

We are currently seeking transport drivers to help our clients get from A to B. Whether this be to and from the centre, accessing medical

appointments or getting to the shops. This position is based at 18 Kuran Street, Chermiside and has a 7:30am start. If you are interested in this opportunity please complete the volunteer expression of interest form located on our website and deliver to Burnie Brae Reception or scan and email to volunteering@burniebrae.org.au.



REALISING YOUR DREAMS: NOW \$15 PP

Realising your dreams with Margie Bauer is now priced at \$15 per person. The best metaphor for ageing is a stairway, the upward ascent bringing us wisdom, wholeness & authenticity. Therapist Margie Bauer will be joining us at Burnie Brae to discuss the "Third Act" and how you can best use this

period of your life to maximise wellbeing and happiness. Margie sees ageing as potential, and this potential is not just for the lucky few. It's for all of us. Morning Tea included. Join us Wednesday March 18 9:30am - 12:00pm at the Burnie Brae hall. Book via Burnie Brae Reception or call 07 3624 2121.



NBN Explained

Do you have questions about the NBN?

There is no doubt you've heard about the current NBN rollout here in Australia. However, confusing acronyms and technical jargon can make it hard to understand what this rollout really means for you and your household.

Join us at our upcoming presentation, NBN Explained, and get some answers to commonly asked questions about the National Broadband Network. We'll cover what it is, how to get connected, how to protect yourself from scams and how the NBN may affect your home phone and medical alarms.

This free presentation will take place on Monday March 23, 10:30am - 11:30am. Please RSVP at Burnie Brae Reception or call 07 3624 2121.



Margie Bauer

CENTRE NEWS



COMMUNITY CHOIR EXPRESSIONS OF INTEREST

Dare to try something new this year! We are currently seeking expressions of interest for a community choir at Burnie Brae. Everyone has the ability to sing and singing amongst others can be even more fun. Register your interest in this activity at Burnie Brae Reception or call 07 3624 2121.

NURSERY CHANGED OPENING HOURS

Our community nursery is now open Monday, Wednesday & Friday and closed Tuesday and Thursday. Pop in and see our

wide range of indoor and outdoor plants - they are looking beautiful after recent rain!



Prayer Plants



Syngoniums



Bromeliads



Ferns

MONDAY SCRABBLE

Now held in Respite Patio area between 1pm - 3pm.



March GARDEN TIPS

Produce to plant this month

Autumn is the traditional time for planting Garlic as it needs a period of cold weather to grow well. Other produce to plant now include: Beetroot, broccoli, carrots and cauliflower.

Florals to plant this month

Dahlias and chrysanthemums are reaching their peak while nasturtiums and hydrangeas continue to flower.

Attract Pollinators

Without pollination crops will not develop, this is why attracting pollinators is so important. Plant a range of brightly coloured flowers such as daisies, lavender, marigolds, pansies as well as herbs such as basil, thyme & mint to attract pollinators.

This month's nursery sale:

Monday March 23 | 9am - 1pm

KEN'S WOODEN CAR

Burnie Brae Member Ken Smith wowed fellow members and Healthy Connections staff when he bought in his handmade wooden car to his weekly gym session at the Healthy Connections clinic. Not only is the car exquisitely built, but Ken built it without something many of us take for granted, the ability to see. Ken is completely blind, though you wouldn't guess it by looking at his woodworking project.

The car is built skillfully, it is neat and detailed and even includes a tiny gearstick and steering wheel inside.

Ken explained the process behind building his car. "One of the Burnie Brae drivers owns a vintage car, I was able to have a good feel of it and build an image in my head to base my car off." Ken said "the hardest part was keeping the visualisation in my head."

Ken stated "just because you have an impairment, doesn't mean you can't do something." Ken says that "no one else can tell me what I can and can't do." He hopes his story inspires others to give something a go regardless of ability. We are certainly very inspired by Ken's story.



DO YOU HAVE A STORY TO SHARE?

We know that many of our Burnie Brae Members have great stories to tell. If you have an inspiring story you would like to share, email Sally Hungerford: sallyh@burniebrae.org.au with a few details and we can contact you from there.



BURNIE BRAE MUSIC GROUP

All Burnie Brae members interested in joining the music group are asked to please attend a meeting at the Burnie Brae Hall on Wednesday 11 March, 3:30pm. Provided there are enough interested members it is proposed that the group meets each Wednesday at 3:30pm.



EXPRESSIONS OF INTEREST: LEARN TO SPEAK ITALIAN

We are currently taking expressions of interest for weekly Italian classes. Teacher Claudia is a language teacher with over 20 years' experience. Having lived in Italy for 17 years and growing up in an Italian household, she considers Italian to be her mother tongue. Claudia's Italian lessons emphasise conversation, because she believes that a language is not alive unless it is being spoken. She likes to teach through games and fun activities, and actively engages in keeping students speaking and listening to one another. It is proposed this class runs on Monday Morning from 9:30am - 10:30am. Class limited to 10 people, \$15 per class. Register at Burnie Brae Reception or call 07 3624 2121.

CENTRE NEWS



SEEN OUT AT BURNIE BRAE



NEW: Respite gardening activity, every Friday from 9am! Get involved 07 3624 2121



NEW: Respite exercise activity, every Tuesday from 9:30am! Get involved 073624 2121



THE ROLE OF EXERCISE: PREVENTING & MANAGING COGNITIVE DECLINE

Did you miss out on attending our 'Let's Talk: Brain Health' presentation with Sophie last month? We've summarised some of the key takeaways from this informative presentation below.

What is Dementia?

Dementia is an umbrella term for a collection of symptoms involving the progressive loss in mental and physical function. The main parts of the brain affected by dementia are the temporal lobe, frontal lobe and parietal lobe. Currently 1 in 10 people over the age of 65 suffer from dementia, calling a need for preventative action.

What are the risk factors for developing dementia?

Certain health and lifestyle factors

play a role in a person's risk in developing dementia. These include diabetes, midlife hypertension, obesity, depression, smoking, physical inactivity, social isolation and stroke.

What role does exercise play in reducing your risk?

A recent study published in the Journal of Alzheimer's Disease suggested that exercise may keep the brain healthy by slowing deterioration of white matter in the brain. White matter is the "computer cables" of the brain, it connects various parts of the brain and allows these parts of the brain to communicate, engage in critical thinking and planning. This means preventing white matter deterioration is imperative. Additionally, human and animal

studies have shown that aerobic exercise stimulates the release of growth hormones that may improve brain function.

What is the best exercise for brain health?

Whilst all forms of exercise are beneficial in achieving healthy ageing, experts agree that aerobic exercise is best. This can include walking, biking, dancing, sports and even household chores such as mopping!

Our exercise physiologists are highly trained and are experienced in prescribing exercise as a preventative measure. Contact the team today to find out more, phone 07 3624 2185.



HEALTH NEWS

HEALTHY CONNECTIONS PLUS ENOGGERA OPEN DAY

Keen to give Reformer Pilates a go, but not sure what it's all about? Join us at our Enoggera studio's open day and experience all Healthy Connections PLUS has to offer! At this free event you will be given the opportunity to try some of our most popular Pilates studio classes including:

- PURE Reformer
- Reformer PLUS cardio
- PURE Strength
- Reformer PLUS Strength

Classes will run for 20 minutes - this ensures you will have enough time to truly feel the PLUS difference.

We will also be offering zumba, boxing, yoga and bowling warm ups as well as family friendly activities and a massage station on the Enoggera bowling green.

Additionally a free 1 month membership (\$200 value) will be drawn every hour. All attendees new to the studio will be put into the draw.

We'd love to see you there, no booking necessary.

Saturday March 21, 10am - 1pm.
Pickering Place: 72 Pickering Street,
Enoggera.



HEART FOUNDATION RECIPE



MEDITERRANEAN FISH BAKE

Fish is a high protein food loaded with B vitamins to help fight inflammation and support a healthy immune system.

INGREDIENTS

- 1 tablespoon olive oil
- ½ brown onion, finely diced
- 1 medium red capsicum, finely diced
- 2 tomatoes, roughly chopped
- ½ eggplant, finely diced
- 2 x 100-120g firm white fish such as Cod, Blue-Eye or Snapper
- 100g cherry tomatoes, halved
- 50g pitted Kalamata olives
- 1 tablespoon capers, rinsed and drained
- 4 thyme sprigs
- 2 cups rocket leaves, to serve

METHOD

1. Preheat oven to 180°C.
2. Heat oil in a medium-sized pan over high heat. Cook onion, red capsicum, eggplant and tomatoes stirring for 5-10 minutes or until softened and slightly thickened. Set aside.
3. Place the fish into a roasting pan. Place the softened vegetables, cherry tomatoes, olives, capers and thyme sprigs over the fish. Bake for 15 minutes or until fish is cooked through.
4. Divide the fish and sauce amongst 2 plates. Serve with rocket leaves

CARE SERVICES



SPOTLIGHT ON NDIS SUPPORT COORDINATION

Our Burnie Brae NDIS Support Coordinators play an important role in assisting clients to 'optimise' their NDIS plan, ensuring clients receive the most from their funded supports. Exercising choice and control over the services and supports clients want and need is imperative to client wellbeing. Our support coordinators help clients do this by building their understanding of the NDIS and the supports and services available.

We work with clients to ensure a mix of supports are used to increase capacity to maintain relationships, manage service delivery tasks, live more independently and be included in the community. We also offer specialist support coordination, this is for clients with more complex needs and who need specialist support.

For more information about NDIS support coordination at Burnie Brae please email ndis@burniebrae.org.au or phone 07 3624 2121.

OUR SUPPORT COORDINATORS



JODIE

Most of you will have seen Jodie around the Centre, she has been with us for 7 years! Jodie has worked as part of the NDIS team since its inception in 2018. She is passionate about working with young NDIS participants living in Aged Care to address the barriers they face across multiple complex systems. Her framework is based around values of empowerment, compassion and resilience. Jodie holds Bachelor's degrees in Human Services and Justice and is currently undertaking a Master of Counselling degree. Jodie is very excited to incorporate counselling practices in future at Burnie Brae.



KELLY

Kelly has been working in community services since 2015, and joined the Burnie Brae NDIS team in 2019. She holds a Bachelor's degree in Psychology and is passionate about mental health and social services. Kelly predominantly works with NDIS participants who have complex psychosocial needs. Kelly enjoys working together with clients to achieve their goals and build upon their own capacity and independence.

For more info on support coordination: 07 3624 2121

PARKS WEEK: 7 - 15TH MARCH

Parks Week runs from March 7 - 15, this awareness week focuses on how spending time in our parks and open spaces can positively influence our wellbeing. The BBC reported that spending time in nature is fantastic for our mental health, it can reduce feeling of stress, anxiety and promote contentment, mindfulness and life satisfaction. Take Parks week as an excuse to spend some time in the outdoors. The

Burnie Brae Park is looking fantastic after recent rains and is a great spot to walk or simply sit amongst the community garden.



BURNIE BRAE TRANSPORT SERVICE

Do you need help getting out and about within the community? Our Burnie Brae Transport Service offers a low cost solution for eligible Northside residents in Brisbane who cannot drive and have difficulty accessing public transport. A door to door service is provided for those who need help to get to the shops, medical appointments, the Burnie Brae Centre or to other social events and places. Our fully trained staff are equipped to offer a comprehensive level of support to all passengers and disability access. A wheelchair hoist is available on our buses.

To access transport services get started by following the instructions below:

If you do have a referral code for transport:

Call Burnie Brae directly on 07 3624 2121 and we can get you started.

If you don't have a referral code for transport:

Call My Aged Care and request a referral code for Transport Services. My Aged care will assess your eligibility and advise you of the steps you need to take from that point. If you are eligible make sure you direct the My Aged Care spokesperson to refer you directly to Burnie Brae, otherwise it may go to another provider.

NICOLE'S JOURNEY ON THE GREAT SOUTHERN RAIL

Travel consultant Nicole was lucky enough to journey from Adelaide to Brisbane on Great Southern Rail's Eastern Explorer Journey. Read her recount of the journey below.



My incredible journey on the Great Southern Rail started with one night pre tour accommodation at the "Majestic Roof Garden Hotel", located in the heart of the Adelaide CBD. The hotel was a short walk from the mall and other points of interest. It had spacious rooms, free WI-FI, self or valet parking, laundry services, function rooms, mini gym, a roof garden and of course a generous and healthy buffet breakfast.

The next day I awoke excitedly as it was almost time to board our train. After being transferred to the Adelaide Parklands Terminal and checked in, I boarded the train and enjoyed some time settling into my Gold Twin share cabin. I explored the Outback Explorer Lounge area, a great place to meet with other passengers, have a chat, a drink or simply to enjoy the landscape passing by.

The day concluded with an excursion to the Boroka Lookout, a great spot to view The Grampians' magical peaks, hazy valleys and forested slopes. Dinner was served outdoors, surrounded by curious kangaroos and emus.

The second day was spent in Canberra, known for having the richest population of native birds of any Australian capital. Over 200 species of birds have been recorded here.



We were given the opportunity to tour Parliament House and access areas that are usually restricted to the public. After this, we enjoyed a fantastic 4 course lunch. In the afternoon we had the choice of excursions to either The National Gallery, The National Museum, an extended tour of Parliament House or the profoundly moving Australian War Memorial.

Our last day had arrived, I enjoyed an interesting and informative coastal boardwalk to the beach in Urunga, a little seaside town about 30km south of Coffs Harbour. What was supposed to be a cloudy, rainy day had suddenly become splendid sunny and warm. This made me appreciate the beautiful scenery of the beach and its wild nature even more.

Taking advantage of the beautiful weather, I also took a shuttle through the banana plantations into the Great Dividing Range. The views from Forest Sky Pier at Sealy Lookout, a viewing platform suspended 310m above Coffs Harbour, was truly unforgettable and so was this journey through Australia, which ended in Brisbane later that afternoon.



From the moment I stepped on board The Great Southern Rail, I felt the thrill of a great adventure. There wasn't a moment I felt disappointed; the service and care of the staff on board was superb, they coordinated each excursion and transfer effortlessly and without fault. Staff were efficient and organised which was no easy feat with so many people on board. The food was simply delicious and there was plenty of it. I highly recommend this journey, I enjoy all aspects of it.

Unfortunately as with all the things, even this trip had to come to an end. However it is the great memories I have collected that will last forever.



CONTACT BURNIE BRAE TRAVEL CONNECTIONS

P: 3624 2191 W: travelconnections.org.au A: 60 Kuran Street, Chermside E: travel@travelconnections.org.au

Burnie Brae Newsletter • Issue 2: March 2020

P: 3624 2121 www.burniebrae.org.au 60 Kuran Street, Chermside Like Burnie Brae on Facebook!



GREAT SOUTHERN RAIL TESTIMONIAL

“In early January 2020, we were fortunate to be part of a group of 27 Burnie Brae Members who participated in an unforgettable and exciting rail journey from Adelaide to Brisbane. Passing through four States over a 4 day period. In addition to enjoying the camaraderie of our fellow guests, other highlights to mention from our epic journey which covered 2885 km, include our Grampians Dinner, our visit to the Parkes Elvis Festival where we enjoyed listening to the Elvis Tribute Artist finals, as well as our visit to the Henry Lawson Museum in Gulgong.

Our appreciation must go to both Kristie and Nicole for such a professional and well organised trip. Every aspect of our holiday was planned down to the smallest detail, even to the extent of meeting our train in Brisbane and transporting us all to our final destination.”

SAPPHIRE PRINCESS IS COMING TO AUSTRALIA! MAY - OCTOBER 2020

The Sapphire Princess is coming to Australia, choose from 44 fantastic itineraries! As you set your sights on the wonders of the world, let Sapphire Princess indulge your every whim.

The fully refurbished ship can carry up to 2670 guests, with 56 % private balconies. With 16 dining options, 13 shows & lounge and bar areas you will

be spoilt for choice. The 44 itineraries are cruising from Brisbane, Sydney, Melbourne, Adelaide and Perth. Choose from South and North explorer journeys, round Australia trips, coral coast journeys and the Pacific.

To view available itineraries visit Kristie and Nicole in store or phone 07 3624 2191.



44 ITINERARIES TO CHOOSE FROM!



Burnie Brae TravelConnections a member of helloworld TRAVEL

CRUISE EXPO

WEDNESDAY MARCH 4 | 12PM - 4PM
BURNIE BRAE HALL | FREE EVENT



JOIN US & LEARN ABOUT GERMANY
AT OUR FRUHSCHOPPEN!

WEDNESDAY MARCH 25 | 10:30AM
BURNIE BRAE TRAVEL CONNECTIONS | FREE EVENT

CONTACT BURNIE BRAE TRAVEL CONNECTIONS

P: 3624 2191 W: travelconnections.org.au A: 60 Kuran Street, Chermiside E: travel@travelconnections.org.au

Burnie Brae Newsletter • Issue 2: March 2020

P: 3624 2121 www.burniebrae.org.au 60 Kuran Street, Chermiside Like Burnie Brae on Facebook!

OUT & ABOUT



Haunted Brisbane Tuesday March 17, 2020

\$65 pp incl: transport & morning tea

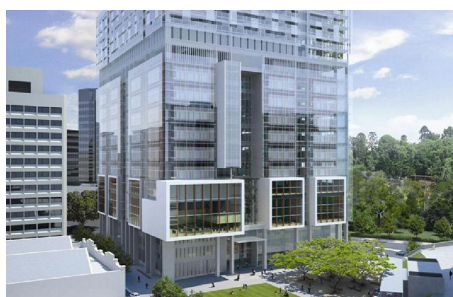
Spines will be shivering when you come face to face with a ghost, sinister presence or perhaps just a cool breeze – either way these ghost tours are intended to spook even the bravest of souls. Ghost Tours combines the unique experience of visiting some of the nation's most historic Haunted Sites with the ancient art of storytelling.



Surfers Paradise River Cruise Tuesday March 17, 2020

\$85 pp incl: transport, morning tea & lunch

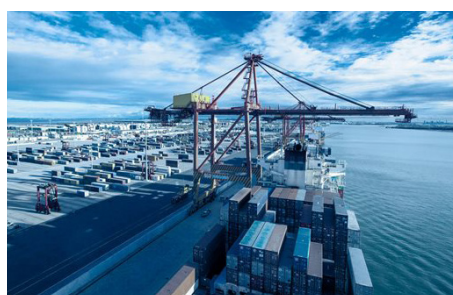
Hop on board our scenic cruise and enjoy the waterways as we pass million dollar homes and take you through beautiful Gold Coast waterways, canals and broadwater. See Marina Mirage, Palazzo Versace and Sea World, as well as wildlife spotting. A relaxing 1.5hrs to enjoy a little piece of Gold Coast! Followed by a delicious lunch of battered fish, chicken schnitzel or roast of the day at the Surfers Paradise RSL.



Brisbane Supreme Court Tuesday March 31, 2020

\$35 pp incl: transport & morning tea

After a morning tea at the Coffee Club, you will enjoy an Exhibition tour, QEII Courts of Law Tour, and view cases from the public gallery. As the state's only dedicated legal history museum, the Sir Harry Gibbs Legal Heritage Centre offers a unique resource for visitors to the courts to explore Queensland's legal past. Themed exhibitions of significant events and milestones in Queensland's legal history – featuring little-known details, fascinating stories, and some of the library's most treasured memorabilia.



Port of Brisbane Thursday April 2, 2020

\$45 pp incl: transport & morning tea

The tour begins at the Port Office with a visit to the Observation Deck on the rooftop level to enjoy the spectacular view of the Port and surrounding Moreton Bay Islands. Observe the daily activities of the port and learn how an efficient and sustainable port operates, as well as how the environmental values of the area are protected. Morning tea at the Port Central Cafe is included.



QIMR Berghofer Medical Research Institute Thursday April 16, 2020

\$25 pp incl: transport & morning tea

Learn about QIMR Berghofer's latest medical research when you take a tour of the facility at Herston. During the tour you will see the inner workings of one of Australia's largest research institutes. This tour includes a presentation, a guided laboratory visit and the opportunity to hear from some of the world's leading medical researchers. Please note, walking sticks are not allowed in the lab.

OUT & ABOUT



RAAF Aviation Heritage Centre Thursday April 23, 2020

\$78 pp incl: transport, morning tea & lunch

The RAAF Amberley Aviation Heritage Centre is a must-see attraction for those visiting south-east Queensland, especially if interested in military aviation history. The Heritage Centre has a range of displays, including a World War II Boston Bomber, a Vietnam-era Canberra Bomber, Caribou Airlifter, Sabre and Mirage fighter jets, and F-111s. A two-course lunch will follow at the Dinmore Cottage Tea House.



Art & Design Walking Tour Wednesday April 29, 2020

\$78 pp incl: transport & morning tea

Get an up close introduction to Brisbane's excellent open air, art scene. Discover the works of over 30 artists in the CBD including the best contemporary commissions, historical sculptures, rogue street art and building facades. Hear the story behind each piece and pick up some tips on eating, drinking and art galleries to visit. We'll finish at the internationally renowned Queensland Art Gallery | Gallery of Modern Art.



Mother's Day Morning Tea Wednesday May 6, 2020

\$30 pp incl: presentation & morning tea

Enjoy a beautiful morning tea and listen to an inspirational story of love and hope. Former President and Co-Founder of Be Uplifted, Wendy Paterson tells her story about how life threw her a curve ball - breast cancer resulting in a double mastectomy. Her world stopped whilst everyone else's went on. How do I fit cancer into my life and not allow it to become my life? Hear how she came through this difficult journey, changed for the better and stronger as a result.



Boggo Road Gaol Tour Wednesday May 13, 2020

\$50 pp incl: transport & morning tea

Boggo Road Gaol was Australia's most notorious prison. Over 119 years of operation, thousands of men and women served time behind its red-brick walls. Visit Boggo Road on a guided tour through Number 2 Division. This remaining section of Boggo Road is as it was when it closed.



Shrek the Musical Wednesday May 27, 2020

\$92 pp incl: transport & ticket

Shrek the Musical, based on the Oscar-winning DreamWorks film, brings the hilarious story of everyone's favourite ogre to life on the stage. Featuring a terrific score of 19 songs, big laughs, great dancing and breathtaking scenery, it's no wonder The New York Times called it 'True Happiness'. Tickets need to be finalised early, don't miss out!

To book, phone (07) 3624 2121 or visit Burnie Brae Reception

Burnie Brae Newsletter • Issue 2: March 2020

P: 3624 2121 www.burniebrae.org.au 60 Kuran Street, Chermside Like Burnie Brae on Facebook!