Burnie Brae
community, connection, care

June Newsletter 2022

2 Volunteering

3 Technology Sessions

4 Seniors Cabaret

5 New Activities & Updates

6 Healthy Connections Blog: Falls Prevention

7 Push for Mental Health

8 Care Services: Spring Clean

9 Club Respite Catch-Up

10 Cruising Deals with Travel Connections

12 Centre Events & Day Tours

Our volunteers are the lifeblood of our community.

We couldn't do what we do without every single person who gives their time and energy to enhance and extend our service for the community.

Last month we celebrated National Volunteers Week with a lovely morning tea, catered by Café Connect. The annual celebration is an opportunity to recognise the vital work of our Burnie Brae volunteers and to say thank you.

We're lucky, because our volunteers love being part of our community too. Volunteers join us for all kinds of reasons - to give back, make friends, gain experience or grow as people - and they come out of the experience with lifelong relationships and cherished memories.

There's a place for everyone on our volunteer team, whether your passion lies with cooking, your green thumb, technology driving, maintenance or anywhere else.

Volunteer efforts help:

- improve the quality of life for clients
- spread the word about what Burnie Brae has to offer our community
- bring new insights, ideas and introduce new ways of working
- get people involved in meaningful work
- benefit the community at large
- change the world!

Volunteering is such a rewarding way to give something back to the community and make a difference in people's lives.

Burnie Brae wouldn't be the place it is today without the amazing dedication and generosity of our volunteers.

We say it every year, but we really can never say it enough!

CONTACT

60 Kuran Street, Chermside
Phone: (07) 3624 2121
Email: enquiries@burniebrae.org.au
www.burniebrae.org.au

Like us on Facebook - search Burnie Brae.

Burnie Brae Volunteering

A warm welcome to our new Volunteer Coordinator!

Themie recently joined us at Burnie Brae and is passionate about working with volunteers. Like us, she believes volunteers are a crucial part of healthy, connected and thriving communities.

Themie's role includes coordinating volunteer and student placements. She also provides ongoing support and training to our volunteers.

Want to help us give back to our beautiful community? Become a volunteer at Burnie Brae today!

Some of our exciting opportunities include:

Groundsman & Garden Maintenance • Nursery
Café Assistant • Respite • Events Assistant
Concierge • Transport Drivers • Digital Mentors

Have a chat with Themie to learn more or express your interest.
Call (07) 3624 2109 or email: themieb@burniebrae.org.au

"My job is to take clients to day respite, doctors' appointments and shopping centres. The only contact some of our transport clients is with the person in the car driving."

Graham (Transport Volunteer)

"I try to get to know the members more when they walk in. I know that people like a familiar face, especially those who don't have anybody at home."

Colleen (Concierge Volunteer)

"I love to give back to the community. I like to see the elderly community come out and this gives me the opportunity to get them out and about."

Lyn (Transport Volunteer)

TECHNOLOGY TRAINING

HELPING YOU STAY CONNECTED

$5*

*Fee applies from 6 June 2022.

- Are there features on your phone or computer you'd like to use with more confidence?
- Feeling overwhelmed by unread emails filling up your inbox?
- New to technology and would like to borrow tabelet for 3 months through our Loan Device Program?

Does this sound like you?

If you get stuck with a tech issue or would simply like to learn more, our Technology Training Program is here to help! Work at your own pace during a 1-hour, individual lesson with one of our friendly, patient and knowledgeable tutors.

We can help you take charge of your device, troubleshoot problems, as well as share helpful tips and shortcuts. All questions are welcome.

Our goal is to take the stress out of technology so that your phone or device is more enjoyable to use!

Popular topics covered in our lessons:

- Creating/changing passwords
- Making video calls
- Sending photos - attaching to email or messages
- Adding/deleting apps
- Signing into wi-fi networks
- Accessing the 'Be Connected' website and lessons

Book a lesson or enquire about our Loan Device Program:

Phone (07) 3624 2110
or email reception@burniebrae.org.au

Technology lessons are available:

Tuesdays & Thursdays from 1pm
Wednesdays & Fridays 9am - 3pm

Are you aged 50+ or caring for someone who is?

Would you like assistance finding health, aged care or community information?

Do you want to improve your confidence in accessing information online?

Find out about services, supports, groups and activities in your local area.

FREE Information Service

COTA QUEENSLAND

COTA volunteers will be on-site every Thursday until 23 June 2022 (9am to 1pm) in the Burnie Brae foyer, adjacent the library.

Come and chat to one of their friendly volunteers. They are of a similar age to you, with real life experiences. This is a free, confidential and independent service.

If you'd like more information about the service, contact Karen (COTA Queensland) on (07) 3316 2999. *This activity is supported by funding from Brisbane North PHN through the Australian Government's PHN program.*

LORD MAYOR'S SENIORS CABARET

Masterclass at Burnie Brae | 10 August 2022

The Lord Mayor's Seniors Cabaret is a free development program that provides Brisbane seniors the opportunity to learn from the best in the biz and develop their creative and artistic talents in a non-competitive and supportive environment.

If you can dream it, you can do it!

In 2022, we're celebrating the 'Golden Age of Pop'. It doesn't matter if you're an experienced performer or you've never performed on the stage before, it's your time to shine!

Do you play an instrument, sing or dance? Are you in a vocal group or a band? Maybe you are a comedian. Whatever it is, we want to hear from you!

Registrations open on Wednesday 1 June 2022 and no auditions are required.You can prepare an item to work on or join a group masterclass to learn a song or a dance with others.

Throughout July and August, participants will be given the opportunity to work alongside top industry professional mentors in a 3-hour masterclass. Participants will be encouraged to perform with others in a showcase performance in September.

This year Burnie Brae is hosting one of the ten masterclasses, led by esteemed vocalist, Renae Suttie. Held on Wednesday 10 August from 10:30am to 1:30pm. All masterclasses are open to audiences for free.

Some of Brisbane's senior performers will then take to the stage for the Lord Mayor's Seniors Cabaret Gala at Brisbane City Hall on Sunday 30 October 2022.

For more information and to register your place to participate, please visit *epiphanyproductions.com.au* or call the Producer, Chris Fennessy on (07) 3901 7322.

You're Invited!

To celebrate 30 years supporting older Queenslanders, ADA Australia is hosting a free morning tea and talk.

The talk will be about maintaining your independence at home, your rights in aged care and Planning Ahead:

- What support is available to me?
- What are my rights when receiving services?
- Who can manage my affairs if I become unable to?
- What should I think about?
- How do I get started?

It's a great opportunity for you to ask questions of ADA Australia's advocates and community lawyers about things like home care entitlements, Enduring Power of Attorney matters and Advance Health Directive. You can also collect a free Planning Ahead Starter kit.

ADAAustralia
Your aged and disability advocates

Wednesday 29 June | 10am - 11:30am

Burnie Brae Hall

Bookings essential - call (07) 3624 2110

Entertainment by:

Meg Kiddle
Musical Theatre Songstress

Free Makeup Workshop

Learn makeup tips to help you feel confident and beautiful!

Rageism is the first Australian made mineral makeup formulated especially for mature skin. Come along to our workshop to discover the products, learn makeup tips and receive special deals.

We will be offering makeup tutorials, makeovers, individual consults and expert advice from a makeup artist. Plus, you'll receive deals and specials on the Rageism makeup products.

Free presentation in the Burnie Brae Hall
Wednesday 24 August | 9:30am - 12:30pm

If the morning session sells out, and if there is enough interest, we will have an afternoon session from 1pm - 4pm.

TRIVIA Afternoon

Join us for a sociable and entertaining afternoon of trivia.

Test your knowledge and win awesome prizes worth over $1,000. There will also be a raffle and lucky door prizes to be won. Gather a group of six friends or register as an individual to be added to a team.

Cost: $25 per person including afternoon tea. All funds raised from the event will contribute to supporting Burnie Brae.

Saturday 16 July | 2pm - 5pm | Burnie Brae Hall
To book, visit reception or call (07) 3624 2110

New Activities

Hand & Foot Canasta

'Hand and Foot' is a Canasta variant involving three to six decks.

Fridays 10am - 1:30pm | $5 per person

Chess

Play for fun or challenge yourself!

Wedneday 9am - 12pm | $5 per person

Choir

Warm up your vocal cords for our informal, pub-style choir. It doesn't matter how good of a singer you are - come and give this a go!

Friday 24 June | 5:30pm - 7:30pm

The bar will be open on the night and snacks available. The first night is free, and after that the fee will be $10 per month.

If you are interested in joining our choir, add your name to the list!

Visit reception or call (07) 3624 2110.

Our free walking group has resumed! Join us to take a leisurely stroll through 7th Brigade Park.

Meet the group at Kedron Wavell Services Club complex, to the left of HQ Cafe at 3:20pm.

This regular Heart Foundation walk is held each week on Mondays, Tuesdays, Wednesdays and Thursdays.

FALLS PREVENTION

Healthy Connections Blog

One in three people over the age of 65 years will suffer from a fall at some stage.

Like many things in life, your body will naturally move towards the path of least resistance. It is constantly being pulled in certain directions because of tension in some muscles and less in others.

Your joints will naturally flex or extend according to this. It can change the way you stand, walk, sit and move. When your muscles are not in sync, you must use more effort and brain power to make precise movements. This increases the likelihood of a fall.

As you age it's important to recognise that your balance will decrease. Take steps to prevent your risk of falls by getting your muscles back in sync.

How do we get our muscles in sync?

By maintaining your muscle strength and flexibility you can not only keep your muscles from pulling your joints in certain directions, but you can build bone mass and increase your circulation and sensitivity to the areas that may need it. Through exercise and recovery, you can keep your muscles in sync with each other.

Do you remember your clumsy teen years?

You may have been walking on even pavement, tripped over virtually nothing, then bounced straight back up into a stable standing position. You were more concerned with finding out who may have seen you.

Nowadays, this kind of clumsiness can cause all sorts of problems. Your bones may be more brittle. You may have decreased joint range and muscle mass, effecting your ability to get you upright again. You may also be more susceptible to bruising and soft tissue damage than you used to be.

One little fall can now be a life-changing event!

Falls can happen for several reasons. When it comes to falls there are two main factors to consider:

1. Your personal wellbeing

Vision, hearing and dizziness are big factors when it comes to balance and falls prevention. If you are suffering from these please don't brush them off. When one of your senses is compromised, your risk of falling increases.

Balance exercises can stimulate your brain's ability for body awareness and response times, decreasing those clumsy accidents. Healthy Connections is offering a Neurobalance program that aims to do exactly that! Challenge your brain and body, stimulating your nerves and muscles to work together, building better balance. To find out more about the program, please visit the Healthy Connections website.

There is also a lot more we can do to help our future selves to prevent falls.

2. Your environment

Look at your home. Are there any uneven surfaces or narrow pathways? It may be unrealistic to get work done on these areas. If so, you could consider marking out the area using a coloured tape or signs.

If this is not possible, try to find an alternative way around. Even if it is longer, it may be better and you will be able to get your steps in for the day! If you know a surface is in a wet area such as the bathroom, use adhesive duct tape and wear nonslip shoes where possible. You may also need some assistance rails in these areas.

Knowing what help is out there for you is going to empower you. You might be surprised with what help you can get. If you are eligible, there are support services that can come out and assess your home requirements - they may be able to help you obtain and install these items.

All in all, managing your body, mind and environment can help you prevent or minimise the impact of a fall. Ensure you keep your independence for as long as possible by checking what you can improve on before you risk having a fall.

Written by **Nancy Jackson** | *Remedial Massage Therapist, Healthy Connections*

EXERCISE FOR THE RIGHT REASONS

Why do you exercise? Or why don't you?

Last month, Healthy Connections celebrated Exercise Right Week. The theme this year was 'Exercise for the Right Reasons'. Exercise is not a chore or punishment.

So why do we exercise? We exercise for our:

- Mental health
- Heart health
- Physical health
- Brain health
- Social health

This month we are focusing on why we exercise for our mental health and why we move for our mood. The Healthy Connections community will be participating in 'Push for Mental Health' from June 1 – 24.

We will be completing 3,139 push-ups in 24 days. It's not just a number, it's unfortunately how many people died by suicide in 2020.

This campaign aims to raise awareness and start discussions around mental health and suicide prevention. For the Healthy Connections team, this hits us close to home. Suicide is the leading cause of death for people aged 25-44. However, the discussion around these issues is relevant to everyone.

Mental health conditions affect individuals of all ages and 1 in 5 Australians live with a mental health condition.

For people aged 65 and older in Australia, 17.3 % of males and 22.4 % of females live with a mental health condition.

Dementia and depression are the most prevalent conditions in our growing population. Isolation, sickness, being homebound and being physically inactive all increase a person's risk of experiencing mental health conditions.

However, did you know that wisdom is protective against depression and loneliness?

Wisdom is the complex interaction of compassion, empathy, emotional regulation, spirituality and the ability to self-reflect in a person.

Older adults are more resilient against mental health conditions than younger adults because of this. Other things that protect against depression and loneliness include physical activity, learning new skills and strong social connections.

So, connect with friends - especially those who are homebound or in residential care, pick up a hobby and get moving with a form of physical activity that is right for you!

Get involved!

Join the Healthy Connections team as we participate in 'The Push Up Challenge' and achieve 3,139 push-ups this month. You don't have to do push-ups but open those discussions around mental health with friends and family.

Share some of your wisdom with us! The more we share intergenerationally, the more we can understand one another and address mental health and suicide prevention for all ages.

Thank you

We want to send a big shout out and thank you to TransitCare Community Flyer!

When the Burnie Brae transport fleet was impacted by the February floods, TransitCare loaned us three HiAce Commuters, their generosity allowing us to continue providing services to our transport clients.

We have now purchased one of the borrowed commuters, adding to our fleet!

Book a Spring Clean

Are you a Home Assist Secure funded client? Do you need assistance with gutter cleaning, yard clean-up/maintenance and window cleaning?

Make sure to book in your service before December!

Not sure whether you are a Home Assist funded client?

Contact Burnie Brae - call (07) 3624 2121 to speak with our Home Maintenance Team today.

Garlic fried rice with crispy pork

Serves 4 | 20 minutes

INGREDIENTS

1/3 cup	peanut oil
4	garlic cloves *(thinly slices)*
300g	minced pork
1/4 cup	chilli bean sauce
1 bunch	garlic chives *(chopped)*
4 cups	cooked jasmine rice *(or other long-grain rice)*
	Fried eggs, to serve

METHOD

STEP 1

Heat oil in a wok over medium-high heat.

STEP 2

Add garlic and cook for 2-3 minutes, until golden. Remove using a slotted spoon and set aside.

STEP 3

Add pork to the wok and cook for 6-7 minutes until lightly caramelised. Use a wooden spoon to break up mince.

STEP 4

Add chilli bean sauce and cook for 2 minutes, or until lightly caramelised.

STEP 5

Add chives and rice, tossing in the pan for 3 minutes or until coloured.

STEP 6

To serve, top with fried eggs and scatter with crisp garlic.

Recipe by Delicious

Club Respite

What's on in June!

Join us for lots of fun activities at Club Respite, including:

- Entertainment by David Cheales, Bruce Smith, Music Hall Melodies and more;
- Reconciliation Week with an Indigenous performer;
- Cooking with Sandy;
- Woodwork;
- BBQ in the park.

For our outing last month, we took a trip to Pelican Park in Clontarf. It was a lovely day for morning tea by the beach!

Saturday Outings

Get out and about with our fortnightly Saturday outings in June!

Our first outing is to Vend Marketplace where you'll find colorful, handmade, retro/vintage gifts and homewares! After you've finished looking at all creative designs and local artworks, take a break at the in-house café.

Next up is a trip to the Redcliffe Museum. Discover the early days of the Redcliffe peninsula through films, photographs and memory boxes. Afterwards, enjoy lunch at Sea, Salt and Vine, with a lovely view of the Scarborough beachfront.

We paid our respects on ANZAC Day, joining the parade and service held at Kedron Wavell Services Club.

Burnie Brae board member, Bill Parnell laid a wreath on our behalf and Club Respite Member Joyce wore the medals of her husband and father.

Do you want to find out more about Club Respite? Pop in to see us or contact us for information about our services and prices.

(07) 3624 2136

respite@burniebrae.org.au

60 Kuran Street, Chermside

TRAVELMARVEL
Travel More

Small Ship Expedition Cruising

Croatia

Discover Croatia's breathtakingly beautiful coastline aboard the fully refurbished MV Princess Eleganza.

Inclusions:

- 8 day small ship cruise from Dubrovnik to Zagreb with a dedicated Travelmarvel Cruise Director
- Locally guided tours in Dubrovnik, Korcula, Split, Sibenik and Zadar
- Stay in port each night – allowing you to explore the heart of coastal towns and historic villages
- Enjoy 7 breakfasts, 6 lunches and 4 dinners with soft drink, beer and local wine during lunch and dinner on your cruise

Highlights:

- Visit Korcula, Vis and Rab, with plenty of free time to relax and explore
- Visit the dramatic waterfalls in the magical Krka National Park
- Discover the medieval Old Town of Dubrovnik as featured in Game of Thrones
- Dive off the swim deck into the crystal-clear blue waters of the Adriatic

From $1,495* pp

** T&C's apply. Contact us for more details.*

BKB HOLIDAYS

Bonus $250* onboard credit!

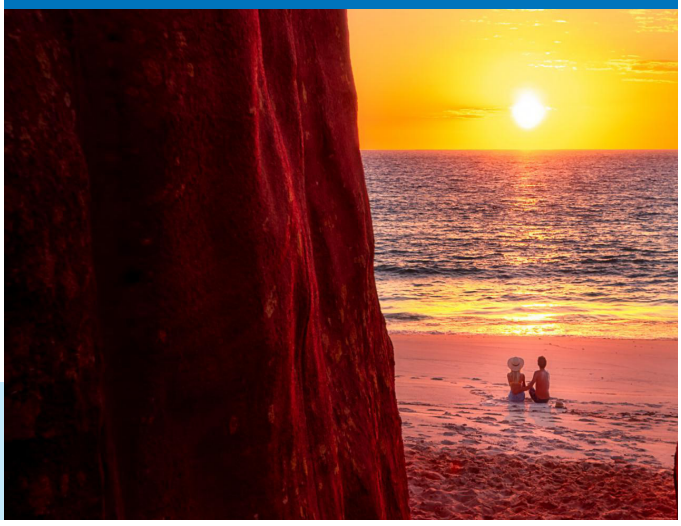
The Kimberly 2023

Cruise with Exco Abroljos

With a maximum of 32 passengers, Eco Abrolhos Cruises offer a true Kimberley Expedition experience. Equipped with easy access tenders, this vessel also has a dedicated top deck offering true 360º views of the stunning Kimberley Coast.

From swimming in freshwater holes to enjoying chef-prepared meals and unique experiences this family-owned company and BKB Holidays have collaborated to give you a $500* per couple bar credit for 2023 cruise departures.

LIMITED TIME OFFER - GET IN QUICK



Inclusions:

- 13-night Kimberley Cruise aboard The Eco Abrolhos in a Queen or Double Stateroom
- All meals including morning and afternoon tea
- All sightseeing tours - optional tours extra
- Complimentary pre and post cruise transfers
- BONUS $250 onboard beverage credit

From $15,490* pp

** T&C's apply. Contact us for more details.*

Burnie Brae Travel Connections

a member of helloworld TRAVEL

(07) 3624 2191

travel@travelconnections.org.au

www.travelconnections.org.au

Day Tours

$110

Majestic Theatre

See the world's longest-running silent theatre, built over 100 years ago.

Step back in time and experience an authentic silent film with a live piano/ organ accompaniment. Morning tea and lunch is included.

Thursday 16 June | 8:30am - 3:30pm

Baseline level of fitness required.

$95

9 to 5 The Musical

Due to popular demand - we've added another trip to see this fabulous musical.

9 to 5 is the quintessential feel-good show for the times. Full of mischief, laughter and affection, it's gold carat fun!

Wednesday 29 June | 12pm – 4:30pm

Day tours are inclusive of transport, departing from Kedron-Wavell Services Club. Please arrive 15 minutes prior to departure time and note that return times are approximate.

Centre events are held in the Burnie Brae Hall at 60 Kuran Street, Chermside.

Events and day tours are subject to reaching minimum ticket sale requirements.

Centre Events

Pottery: Bowls & Spoon

$80

Thursday 9 June | 6:30pm - 8:30pm

Design two hand-built bowls and a rustic spoon to compliment your dips, sauces and olives.

After choosing your glaze, in approximately three weeks you will receive your items back glazed and ready for use!

No experience is required.

Alcohol Ink on Metallics

$55

Saturday 11 June | 9am - 1pm

Create your own trendy, dark or moody artwork!

If you enjoy pouring paint, you will love this workshop, as it achieves a similar result.

Alcohol ink art is a fun and vibrant art form in which anyone can get involved, no matter their previous art experience.

Paint & Sip: Abstract Art Gold Leaf

$65

Saturday 18 June | 2pm - 5pm

Socialise, sip wine and paint! Learn how to paint abstract artwork on canvas in a relaxed and fun environment.

This workshop is perfect for beginners. We will provide step-by-step instructions, while letting your creative ideas flow.

Cost includes art supplies, a glass of wine and a cheese platter.

Street Art Fun - Gold'n'Kids

$5

Saturday 25 June | 9:30am – 12:30pm

Create a vibrant, bright piece that imitates street art painting. We will use stencils and guided techniques then add our own flair to the mix!

This workshop is catered to kids aged 6 - 12. Adults are welcome to join ($5 cost applies). All materials are supplied.

To book an event, call (07) 3624 2110 or visit reception.