



# Strawberry Sundaes



**THE COMMON GOOD**

AN INITIATIVE OF THE PRINCE CHARLES HOSPITAL FOUNDATION

for

Issue 7:

## AUGUST 2020 NEWSLETTER

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## THE EKKA IS COMING TO BURNIE BRAE!

SATISFY YOUR SWEET TOOTH & FUND CRITICAL MEDICAL RESEARCH.

Ekka 2020 may be cancelled but you can experience a slice of the Ekka right here at Burnie Brae, on Wednesday August 12!

In partnership with The Common Good and The Prince Charles Hospital, we will be making the iconic Ekka Strawberry Sundaes to satisfy your sweet tooth and do our part to support critical medical research. Strawberry Sundaes will be available for ONE DAY ONLY so make sure to get your family and friends together and come down to Burnie Brae. Walk in via Kingsmill Street only, further details and map [here](#).

We will have our very own Burnie Brae show bags available and some iconic Ekka food for sale at Café Connect so come along and join in the fun!

**Date:** Wednesday August 12

**Time:** 10:00am - 5:00pm

**Venue:** Walk in via Kingsmil street only

**Price:** \$5.50 each

**Please note:** Touchless payment preferred, do not attend if you are unwell or are displaying cold or flu like symptoms.



Stay updated via our [Facebook event!](#)





## AUGUST ACTIVITY UPDATES

As we continue to work through our COVID-safe roadmap to recovery plan, we are thrilled to reopen a range of activities at Burnie Brae.

### Table Tennis

Recommencing Thursday August 20  
10:30am - 12:30pm

Sharing of bats is not permitted. Please bring your own bat or use a Burnie Brae bat for the entire session and sanitise after use.

### Computer Classes

Recommencing Wednesday August 26

Computer lessons will be available on Wednesday and Friday from 9.00am to 2.00pm. Book your 1 hour, one on one lesson by calling reception (07) 3624 2110. Please bring in your phone, tablet or laptop. Both Apple and Android devices are accepted.

### Zumba on the Green | Enoggera Bowls Club

Wednesday 9:30am – 10:15am  
Friday 7:30am – 8:15am

## EVENTS AT BURNIE BRAE

August 11	<b>GOLD Program: Paint with Nature</b> Craft Workshop   \$5.00
August 12	<b>The Ekka comes to Burnie Brae</b> Strawberry Sundae Event
August 19	<b>Seniors Week Event: Roly Sussex</b> Centre Presentation   \$15.00
August 20	<b>GOLD Program: Lawn Bowls</b> Activity at Enoggera Bowls Club   Free
August 25	<b>GOLD Program: Recycle Tetra Packs</b> Craft Workshop   \$5.00
September 9	<b>What is a Digital Mentor?</b> Information Session   Free
September 23	<b>Annual General Meeting</b> Morning Tea provided, meeting also available via Zoom

## EVENTS OUT AND ABOUT



### MY ACTIVE ATTITUDE: EXERCISE MADE EASY

**Friday August 21 | FREE**  
Virtual Seniors Week event

“Exercise made easy” is for any senior wanting to improve their health. Discover the benefits of leading an active, healthy lifestyle and learn how to set goals to enhance motivation and stay on track.

To register for this event visit this [link](#). Alternatively, visit the Seniors Week website.



### TOOWOOMBA CARNIVAL OF FLOWERS

**Tuesday September 22 | \$95PP**  
Includes transport, morning tea and lunch

Visit the longest running floral event of its kind in Australia! Enjoy a relaxing day in Toowoomba visiting award winning parks and gardens as part of the annual Carnival of Flowers.

To book: call (07) 3624 2110 or visit Burnie Brae Reception

## CAFE CONNECT: NEW BREAKFAST MENU!

You can now grab a bite to eat while enjoying your coffee at Café Connect. From traditional eggs on toast to pancake stacks, there's something for everyone! This menu is available weekdays from 8:00am - 10:00am.

**Two eggs on sourdough or toast | \$8.00**

*Poached / fried / scrambled*

**Eggs benedict on sourdough or toast with hollandaise sauce | \$10.95**

*Ham / bacon / spinach*

**Pancake stack | \$9.95**

*Strawberries & cream / ice cream & maple syrup*

**Bruschetta | \$8.00**

*Tomato, onion, avocado, feta & sundried tomato on sourdough*



PANCAKE STACK



EGGS ON SOURDOUGH TOAST



BRUSCHETTA



## AUGUST GARDEN TIPS

### Prepare for the next season

With winter drawing to a close, it is time to start preparing garden beds for the next season. Add some organic matter back to the soil by spreading well-rotted manure and organic compost across the bed. Cover with a layer of mulch to help retain warmth and allow the organic matter to break down. Mulch will also help with the suppression of weeds.

### Recycle strawberry and tomato containers

The hard plastic containers strawberries and cherry tomatoes are sold in make for great seed starting containers. Wash the container thoroughly, create a few air holes in the top and fill with soil. These "mini greenhouses" are perfect for starting seeds as they keep the soil warm, which encourages germination.

### Nursery reopening

Dreaming of the perfect Bromeliad or Peace Lily? Time to pop by our nursery. Our nursery is reopening on Thursday August 6. At this stage the nursery will be open Tuesday and Thursday only, from 9:00am - 1:00pm.

# SEEN OUT

AT BURNIE BRAE



Above: Paintings by our Monday morning art class participants

Below: Reformer Pilates classes



Above: Building bird-boxes at Club Respite



Below: Functional fitness class



## DID YOU SEE US ON TV?

Our Project Pantry service was featured on Channel 9 last month as a great way for pensioners to obtain low cost, fresh produce. Check out some of our behind the scenes shots:





## NO BETTER TIME FOR A SPRING CLEAN SERVICE

### MAKE THE MOST OF YOUR MEMBERPLUS VOUCHERS

Are you a MemberPLUS member? Don't forget about our popular spring clean service! Our fabulous staff, Gayle and Narelle will spend 3 hours (1 worker) or 1.5 hours (2 workers) at your home, carrying out a variety of cleaning tasks.

#### What services are provided?

No two spring clean services are the same, as it depends on what you require help with and the size of the job. Types of services offered include:

- Floors: vacuuming & mopping
- Mirrors, glass top services and internal windows
- Window ledges and skirting boards
- Dusting
- Bathrooms, including toilets
- Clean kitchen cupboards
- Clean refrigerator and microwave
- Wipe interior walls
- Clean blinds, wash curtains and clean ceiling fan
- Clutter clearing
- Wardrobe tidy

#### What services are not provided?

- Oven cleaning
- Mould removal
- Exterior cleaning including outside windows

#### How can I get the most out of my service?

Before our staff arrive it can be a good idea to make a prioritised list of what you need serviced the most. For example, if you find dusting a breeze but scrubbing the shower quite hard, it could be a good idea to get help with the shower first.

#### What suburbs are eligible?

To receive the half price spring clean deal you must be a current MemberPLUS member and reside in one of the eligible Brisbane northside suburbs.

Our staff are enforcing strict COVID safe procedures to ensure servicing meets health and safety regulations. Narelle and Gayle have undertaken COVID 19 training from the Queensland Government Department of Health and can wear a mask if requested. To book your spring clean call us on (07) 3624 2121.

## OUR COMMUNITY GARDEN GETS A MAKEOVER

Last month we joined Arthur, whilst he planted out a range of vegetable seedlings, including dwarf beans, lettuce and bok choy. We are so lucky to have access to the community garden as it provides fresh produce for use in our Cafe Connect meals. We are anticipating the abundance of fresh vegetables and herbs that will be growing soon!

If you are interested in being involved in the community garden please visit Burnie Brae Reception.



## STAYING CONNECTED DURING COVID-19 AND BEYOND

Staying connected during the COVID-19 Pandemic has brought its share of challenges to us as individuals, families and communities. Of particular challenge was the task of finding alternative ways of engaging with clients confined to their homes. Thankfully, by collaborating with digital connection provider, Aurous, we were able to obtain a number of pre-configured tablets. These were distributed to some of our respite clients and offered a way to stay connected during our closure.

Despite initial trepidation about unknown technology, clients soon relaxed and enjoyed a virtual respite program presented by Burnie Brae staff. This connection with Burnie Brae, the familiar faces and light hearted chats with staff and volunteers helped to dispel feelings of

isolation and loneliness and provided an outlet they would not otherwise have had.

Thankfully, we have since been able to re-open our doors, and the respite clients are now enjoying their program face to face with staff. However, this is not the end of the story! The tablets our clients received have become a treasured item and clients are now keen to discover more. The possibilities that this technology provides are endless. For example, Lenore's favourite app is 'Paint by Numbers' and Merle is installing 'ABC iView' so she can watch Vera online.

Every cloud has a silver lining, and for our respite clients this technology has definitely been a silver lining to come from the COVID-19 Pandemic!



### AUGUST QUIZ SPOT: AUSTRALIAN TRIVIA

1. Who designed the Sydney Opera House?

- a. Jorn Utzon
- b. Harry Seidler
- c. Kerstin Thompson

2. What is a bushman's clock?

- a. A kookaburra laughing
- b. A wombat returning to its burrow
- c. A bush kettle boiling

3. What was Melbourne previously known as?

- a. Yarraville
- b. Batmania
- c. Port Richmond

4. What is the highest grossing Australian movie?

- a. Muriel's Wedding
- b. Red Dog
- c. Crocodile Dundee

5. Where is the big prawn?

- a. Nambour
- b. Ballina
- c. Adelaide

6. What is Australia's deadliest snake?

- a. Eastern Brown Snake
- b. Tiger Snake
- c. Inland Taipan

7. How many Joeys can a Kangaroo carry?

- a. Three
- b. Two
- c. One

1. A, 2. A, 3. B, 4. C, 5. B, 6. C, 7. A.

#### WHAT IS A DIGITAL MENTOR?

If you are interested in helping others stay connected, join us at our information session to hear what digital mentoring is all about.

You don't need to be computer guru; if you love to engage with people and would like to help others become more comfortable using technology please join us on the day.

BURNIE BRAE HALL

WEDNESDAY  
SEPTEMBER 9

9:30AM - 11:30AM

RSVP: Email: [reception@burniebrae.org.au](mailto:reception@burniebrae.org.au)





## FITZGIBBON CLASSES RETURN: AUGUST 17

Our Fitzgibbon fitness classes are returning! Classes are run by an exercise physiologist and are a great way to get moving with friends.

All classes: \$8.00

MONDAY		WEDNESDAY	
Functional Fitness	9:00am	Functional Fitness	9:00am
Balance	10:00am	High Intensity	10:00am

**Functional Fitness:** This is a specialised fitness class aimed to improve everyday functionality and health including muscular strength and endurance, aerobic fitness, flexibility, balance and coordination.

**Balance:** This class is specifically targeted at improving balance and reducing the risk of falls. It involves a combination of resistance exercise as well as static and dynamic exercise designed to challenge your balance in a safe environment.

**High Intensity:** This high tempo class combines short bursts of high intensity exercise with periods of lower intensity exercise. It incorporates different modes of exercise such as cardio, boxing, agility, and resistance training to target increased cardiovascular fitness, power, and weight loss.



## THE HEART FOUNDATION RECIPE SPOT



### APPLE BLUEBERRY CRUMBLE

Looking for a healthier dessert? This crumble will help satisfy sweet cravings.

#### INGREDIENTS

- 1 kg (5-6) Granny Smith apples, peeled and cut into 2cm pieces
- ¼ cup water
- 2 tbs raw sugar
- 125g punnet blueberries
- 1/3 cup (55g) wholemeal plain flour
- 1 cup (95g) no-added sugar natural muesli
- ¼ cup raw sugar
- 1 tsp ground cinnamon
- ¼ cup (60g) reduced-fat margarine
- ½ cup reduced-fat Greek yoghurt, to serve

#### METHOD

1. Place apples, water and sugar in a large saucepan. Bring to the boil. Reduce heat. Cover and cook for 8-10 minutes, stirring occasionally, until apples are just tender. Remove. Stir in blueberries.
2. Transfer apple and blueberry mixture to a shallow ovenproof dish (6-cup capacity).
3. To make topping, process flour, muesli, sugar, cinnamon and margarine in a food processor until well combined. Sprinkle over apple and blueberries.
4. Bake in 180C oven for 20 to 25 minutes, or until topping is crisp and browned. Serve warm with yoghurt.

# THE CORE

## SUPPORT, STRENGTH AND STABILITY



Written by Sophie Pacek

The abdominal muscles play an integral part in supporting, strengthening and stabilising our trunk but can be overlooked when performing exercise. Many believe sit-ups are the go-to abs sculptor, but this group is much more complex than that. Let's explore further!

### A quick anatomy lesson – the 'abs' muscle group

Our 'abs' are a group of four muscles:

- The **rectus abdominis** is our "six pack" muscle and allows us to bend forward and sit up.
- The **internal obliques** and the **external obliques** are our 'side abs' that help us rotate through our trunk as well as bend to one side.
- The **transversus abdominis (TA)** is the deepest ab muscle, which is integral in providing low back support and trunk stability.

This muscle group extends from the bottom of our ribcage, around to our spine, and insert into our pelvis. Whilst having their individual actions, these muscles work together to provide the three 'S's – support, strength and stability.

### Why is our core important?

Think of the core as the corset that connects our upper and lower body – if it is loose, it provides no support to our posture, lower back and overall stability. Our trunk is able to move too much out of our centre of gravity, causing unsteadiness. If it is well fitted (i.e. strong), it provides us with a solid centre – we can sit and stand upright and remain stable with movement.

**Support:** The transversus abdominis wraps around to attach onto our lower spine which explains why individuals who experience low back pain are often prescribed exercises that strengthen this muscle. Research suggests that a 'sleepy' core which is slow to wake up at onset of

movement is associated with chronic low back pain (Marshall & Murphy, 2010). Core activation exercises refer specifically to movements that will switch on the core whilst exercises like crunches and planks will be working the entire abdominal muscle group.

**Strength and Stability:** You may have noticed that balance exercises become easier if you activate your core. This can be explained by the corset analogy – if we are strong and stable through our central area, our centre of gravity remains within our base of support, meaning that we are less likely to feel off-balance. The core is also an important stabiliser while we move – for instance, a football player needs core stability to evade opponents quickly and a gymnast needs a strong centre to remain steady in a tricky position.

**"I've heard Healthy Connections exercise physiologists say 'activate your core' in many exercises. What does that actually mean?"**

"Activating your core" refers to contracting your transversus abdominis and pelvic floor muscles, which can be quite difficult if unaccustomed or new to this type of movement/feeling. We recommend activating your core with any movement that contains a load and/or balance element, especially if you are prone to back pain. For example, lifting up heavy grocery bags onto the kitchen bench or raising one leg to put on pants. If the core is weak or not active, injury and instability may occur.

Now, let's practice activating the core with an exercise you can do at home:

### ACTIVATING THE TA: TRY THIS AT HOME



- A cough elicits 100% activation of the TA; however, with activation/strength exercises we only need to activate it around 30%, so it should be a gentle contraction.
- To elicit the same feeling without having to cough, gently pull your belly button towards your spine and draw up your pelvic floor (i.e. pull up the muscles around the bottom of your pelvis as if you are stopping yourself from emptying your bladder and bowel). You should feel the same tensing / tightening (albeit a little less) as when you coughed.
- Try holding this activation for 3 normal inhalations and exhalations, then relax. Build up to 3 sets of 5 breaths.



# AGED CARE EMPLOYEE DAY

## CELEBRATING OUR CARE HEROES

LASA’s Aged Care Employee Day aims to celebrate each and every team member involved in the journey of caring for people who receive aged care services in Australia. This includes the nurses and care workers, hospitality teams, drivers, cleaners, volunteers, lifestyle officers and administration teams.

It’s no secret that at Burnie Brae our staff are our greatest asset. On this Aged Care Employee Day we would like to say thanks to our wonderful team, who continue to support our community by providing quality care.

Here’s what two of our lifestyle facilitators had to say about their role:



**YVONNE PHELPS**  
LIFESTYLE FACILITATOR

What do you do day-to-day in your role?

Assist clients with social support, meal preparation, personal care, shopping assistance, accompanying clients to appointments, general cleaning tasks.

What do you enjoy most about your role?

Helping people and knowing I’ve been able to make someone’s day so much better.

What does quality care mean to you?

Giving 100% devotion to each client and their needs to the best of my ability, with the time I have with them. And giving encouragement and support. I genuinely feel it makes such a difference to every client when you focus on their needs so they understand that you are committed to helping them.



**YANGCHEN TSHOGAY**  
LIFESTYLE FACILITATOR

What do you do day-to-day in your role?

As a lifestyle facilitator I find myself in a most uplifting, extraordinary working environment. I start my day by providing the best of my service to clients by maintaining a clean and safe environment and supporting them in every possible way to ensure that they have a comfortable living environment.

What do you enjoy most about your role?

Getting to know my clients and ensuring them with my quality service they deserve.

What does quality care mean to you?

Professionally and personally, quality care is the most important part of the Lifestyle Facilitator role. It is quality service with honesty and care. Ensuring clients get the best service, with safety and efficiency.



## QUICK TIPS FOR MANAGING YOUR MEDICATION

Did you know that two-thirds of seniors are taking more than five types of medication on a daily basis? While medication often plays a vital role in management of diseases, it must be used correctly and under the advice of your doctor. This will ensure you do not experience unpleasant or dangerous side effects. Here are a few things you can do to better manage your medication:

- Be informed: don’t be afraid to ask your doctor questions about the medication you are on; the side effects and it’s purpose.
- Advise your doctor of any allergies you have.
- Ask your doctor for a referral for a Home Medicines Review. This service is Government Funded for eligible patients and involves a pharmacist visiting you in the comfort of your own home to discuss the medication you are on.
- A pill organiser can be very helpful as it simplifies complicated dosing schedules and can help you to remember to take your medication. However, be sure to keep their original containers so you have a reference for how often to take each medication and the dosage.



# UPCOMING EVENTS

## AT CLUB RESPITE

We are so excited to have entertainers returning to Club Respite. Check out the fantastic events we have coming up this month or tune in at home on your Tablet with the Virtual Respite Program

August 5

### Out of Sight

Entertainer | 10:30am

August 6

### African Dance Workshop

Aggie will be hosting a dynamic African dance class | 10:30am

August 7

### Jazz ConXion

Entertainer | 10:30am

August 10

### Drama Class

Julie Votan, a local Writer, Director and Actor will be sharing a Storytelling Workshop | 10:30am

August 12

### Hans Van Der Drift

Entertainer | 10:30am

August 19

### David Cheales

Entertainer | 10:30am

August 26

### Terry and Ross

Entertainer | 10:30am

## HAPPY BIRTHDAY LOUISE!

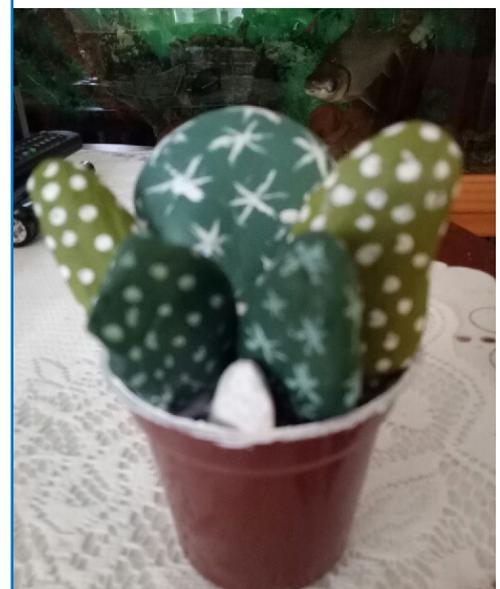
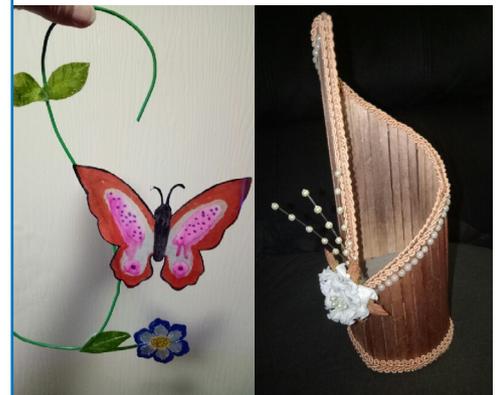
We spread the birthday cheer last month at Club Respite with cake and singing!



## CRAFT WITH DEB

# CRAFT PROJECTS

*Craft projects created by our clients during our "Craft with Deb" activity in July*



## ARMCHAIR ADVENTURES: LET'S EXPLORE LADY ELLIOT ISLAND

Where can you find a pink Manta Ray and a beach made entirely of crushed coral? Lady Elliot Island.

Lady Elliot Island is a coral cay situated at the southern tip of Australia's iconic Great Barrier Reef, approximately 80 kilometres north-east of Bundaberg and nestled in between Fraser Island and Lady Musgrave Island.

### Start with a scenic flight

Getting to Lady Elliot Island requires wings. For many guests the stunning birds-eye views are one of the highlights of the trip. Flights leave from Hervey Bay or Bundaberg and provide 30 minutes of picturesque views.

### Snorkel to your hearts content

Explore a seabed of coral gardens and abundant marine life, including giant manta rays, barracudas and leopard sharks. The shallow lagoon fringing the eastern side of the island is best for families and beginners. The coral gardens on the western side have deeper waters ideal for the more seasoned snorkeler.

### Meet the manta rays

Lady Elliot Island is home of the manta



ray, with more resident manta rays than anywhere else in the world. If you are lucky you may even spot the resident pink manta ray, nicknamed Inspector Clouseau. This rare manta ray is thought to be the world's only known chevron manta ray that has a black back and a bright pink belly. It is thought that his colouration is likely a result of a genetic mutation.

### Take a Turtle Tour

Three species of sea turtles frequent Lady Elliot Island throughout the year – Hawksbill, Green and Loggerhead turtles. Green and loggerhead turtles nest on Lady Elliot Island between November

and March. In a good season more than 100 nests are recorded on the island! The hatchlings emerge between February and April, thousands of baby turtles emerge from their nests and scurry along the sand into the nearby surf. This is a truly unique experience. People from all over the world visit to witness this incredible natural event.

### Wave at the whales

Sitting in one of the Great Barrier Reef's 'Green Zones', Lady Elliot Island enjoys the highest level of environmental protection – which is also enjoyed by the humpback whales that migrate through these waters between June and October. Their journey



LADY ELLIOT NATURE CALENDAR

FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
			Peak Manta Ray Season								
				Migrating Humpback Whales							
Turtle Nesting										Turtle Nesting	

attracts thousands of visitors who watch in awe as the whales breach, roll their gigantic bodies, and slap their fins and tails on the water’s surface.

**Ring in the day with a complimentary sunset platter and wine**

Both packages include a complimentary platter and glass of wine. Enjoy quality cheese and fine wine whilst watching the sun set over the island. We can’t think of a better way to wrap up a day of exploration!

Keen to visit Lady Elliot Island? Visit us in-store by appointment, call (07) 3624 2191 or email [travel@travelconnections.org.au](mailto:travel@travelconnections.org.au).



**CONGRATULATIONS NICOLE!**

We loved celebrating Nicole’s Baby Shower with staff last month. Congratulations Nicole, we are so excited for you and your growing family!



**LADY ELLIOT ISLAND DEALS**

Enjoy 2 or 3 nights of secluded bliss at Lady Elliot Island with these fantastic deals:

**2 NIGHTS**  
From **\$711 PP**  
twin/triple share

**3 NIGHTS**  
From **\$892 PP**  
twin/triple share

**Each package includes:**

- Accommodation in our new Eco Cabins (shared bathroom facilities)
- Flights from Hervey Bay or Bundaberg
- Daily hot and cold buffet breakfast, lunch and dinner
- Glass bottom boat/guided snorkel tour
- Range of free Island Tours including reef walks, behind the scenes and bird watching
- Bonus sunset platter including a bottle of house wine (per room)