

# Burnie Brae NEWSLETTER



## Issue 1: February 2021 NEWSLETTER

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## WELCOME BACK!

We hope you all have had a wonderful Christmas break, and are enjoying the New Year thus far. For Burnie Brae, 2021 looks to be a busy but exciting year, with multiple projects underway. As always we look to our big three; community, connection and care to guide us in all that we do.

### Community

A strong community is what we are known for at Burnie Brae, and is something we wish to continually build on during 2021. As restrictions ease we hope to increase the number of events and activities available at our member centre and we encourage you to get involved! We have recently enhanced our MemberPLUS membership to provide greater value to our members. This includes the introduction of exclusive monthly promotions alongside all the usual benefits. During February if you are a MemberPLUS member you will be entitled to the following deal: buy a cake or slice from Cafe Connect and receive a free coffee or tea. T&Cs apply.

### Connection

Whether it be face to face or digitally, a strong sense of connection is something we continue to strive for. We have big plans to enhance our digital inclusion strategy this year to ensure all members of our community have the opportunity to connect online. Digital mentoring will be offered in four different formats in 2021; face to face intensive mentoring, individual online mentoring, digital mentoring in the Respite Centre, & focus topic presentations. Our face to face mentoring sessions are currently taking place on Tuesday, Wednesday, Thursday and Friday. To book a free mentoring session please call us on (07) 3624 2110.

### Care

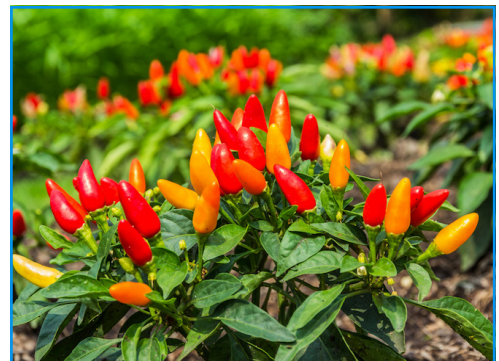
The provision of government-funded community programs is an important and sometimes invisible part of what happens at Burnie Brae. During 2021, we will continue to provide quality care services in line with our wellness and reablement approach, focusing on goals, strengths and maintaining each client's independence for as long as possible.

We are very excited to continue to develop the vision we have for Burnie Brae in 2021.



## UPCOMING DIARY DATES

February 5	<b>Find your Spirit</b> Alcohol Appreciation with Lance   \$20.00
February 9	<b>Fold Paper into Fabulous</b> GOLD Workshop   \$5.00
February 13	<b>Recycle &amp; Add Fun</b> GOLD Workshop   \$5.00
February 16	<b>Rock Around the Clock</b> GOLD Workshop   \$5.00
February 23	<b>Spray Tie-Dye &amp; Pattern</b> GOLD Workshop   \$5.00
February 27	<b>Alcohol Ink Workshop</b> Art Workshop   \$55.00



## February GARDEN TIPS

### Seeds to plant now

The hot weather is upon us. Heat lovers like eggplant, capsicum, tomato and chilli are your best bet at this time of year.

### Prepare for Autumn

Time to think about what you will pop into your patch come autumn. Preparing beds and plots now means that when autumn planting time rolls around, your garden will be ready and waiting. Removing spent plants, clearing areas of weeds and topping up organic matter is an excellent February job. Broccoli and Cauliflower are slow growing vegetables, typically taking up to 100 days to harvest. It can be a good idea to start seeds for these vegetables in late summer to ensure you get a good harvest come winter.

### Garden for health

Gardening may help boost your vegetable intake, but did you know it can also boost your mood? There is increasing evidence that exposure to plants and green space, and particularly to gardening, is beneficial to mental health. The physical exercise involved with gardening releases endorphins and seeing the rewards of your efforts can give you a sense of purpose and pride. There are many ways to get into the green - whether this be in your own backyard, on a balcony or in a community garden like the one at Burnie Brae.

## RANDOM ACTS OF KINDNESS HERE IN BRISBANE'S NORTH

During times like these it can be easy to get bogged down in all that is bad, making it all the more sweet to hear a story of a random act of kindness in the community.

During December last year, Burnie Brae client Marjory (who is 95 years young), was grocery shopping at Coles Toombul with her care worker, Lucy. Waiting at the register, Marjory was feeling weary so Lucy helped her to sit on her walker, when they were greeted by a lady who then proceeded to pay for Marjory's groceries – over \$150 worth! It occurred so quickly that Marjory barely had time to say thank you.

Marjory was overwhelmed to the point of tears at the generosity of this lovely lady, and care worker Lucy was also feeling the Christmas joy that a complete stranger would do something so generous.

We would like to say a special thank you to this lady – we don't know your name, but you are a wonderful example of community spirit here in Brisbane's North.





# SEEN OUT

AT THE BURNIE BRAE CENTRE DURING DECEMBER & JANUARY



1.



3.



2.



4.

1. Ukulele Class 2. Zumba Break Up 3. Volunteer Christmas Breakfast 4. Tap Dancing Class farewells Jan



## BALLET AT BURNIE BRAE TAKING EXPRESSIONS OF INTEREST

Join us at our ballet class, suitable for everyone, regardless of age or ability! This class will be taught by Susan Minshull and will proceed at a gentle pace accompanied by a beautiful mix of classical and contemporary music, allowing scope for self-expression as well as allowing dancers to gradually build strength and technique with comfort and ease. The class will start at the barre where exercises will give you a strong stable base with improved dexterity in the feet and strong supple muscles in the legs, hips and core. The centre work will improve balance and fluidity of movement. The beautiful arm exercises (port de bras) will improve posture and grace, while the choreographed exercise variations and the new ballet terms in French will exercise and enhance brain function. Escape for an hour into the enchanted world of ballet!

We are currently taking expressions of interest for ballet classes, to be held each Monday at 3:00pm. Classes are \$15.00 each, register your interest at Burnie Brae Reception.



# MARIANNE KICKS GOALS

## AWARDED ESSA CLIENT OF THE YEAR

Healthy Connections member and NDIS participant, Marianne is continually kicking goals – she has recently bought her own unit and has just been awarded Exercise Physiology Client of the Year by Exercise & Sports Science Australia!

If you didn't read Marianne's story in our July 2020 newsletter – Eight years ago Marianne was diagnosed with a neurological movement disorder that causes the muscles in the body to contract or spasm involuntarily. This left Marianne unable to walk and in a wheelchair. Unfortunately it also meant that she had to move out of her home, and into a residential aged care facility at the age of 53. But through a tremendous amount of resilience and hard work with Sophie in the gym and with NDIS Support Coordinator Jodie, Marianne was walking again in just eight months and is now back in independent living with her husband Don.

Marianne's story is a one of resilience, mental strength and hard work, and we are so excited to see her being recognised for her determination.

ESSA stated, "the 2020 ESSA Client of the Year award was created to try and take a year of uncertainty and high stress and finish it off with stories of positivity and heart-warming moments of triumph."

"We received nominations from clients as young as 10 through to those in their 80s, with various health conditions and goals. This search for the client of the year truly painted a picture of how many of us continued to use exercise, under the supervision of an accredited exercise professional, to improve our physical and mental health during an unprecedented time," said Zoe Bickerstaffe, ESSA Manager for Marketing and Communications.

"It was just too hard for the ESSA team



to get past Marianne's story and how exercise has completely transformed her life. She is such an inspiration," added Zoe.

But that isn't all, Marianne has also achieved another goal – she has recently purchased a unit here in Chermide with her husband Don.

A big congratulations to Marianne for these achievements!



Above: Sophie and Marianne finding out she had been awarded ESSA client of the year





## INTRODUCING SEAFOOD FRIDAYS

Cafe Connect will be offering a “Seafood Friday Special” every Friday during February. Join us and receive a seafood basket, fish and chips or calamari, chips and salad for \$10.00!



## CARDS RESUMED

Scrabble, Carrom & Mahjong players rejoice! Sessions have resumed and are as follows:

- **Carrom:** Thursday 9:00am
- **Mahjong:** Monday 12:30pm & Wednesday 9:00am
- **Scrabble:** Tuesday 9:30am | Resumes February 2 All games are \$5.00 per session

## FEBRUARY TRIVIA

TOPIC OF THE MONTH: HISTORY

**1. When did the Berlin Wall fall?**

- 1989
- 1991
- 1988

**2. Where was the Bay of Pigs Invasion?**

- Berlin
- London
- Cuba

**3. Which Prime Minister previously held the record for the fastest drinking of a beer?**

- Gough Whitlam
- Malcolm Fraser
- Bob Hawke

**4. In which city was the Aboriginal flag first flown?**

- Adelaide
- Darwin
- Canberra

**5. What is the name for the Greek goddess of victory?**

- Athena
- Nike
- Aphrodite

**6. Who painted the ceiling of the Sistine Chapel?**

- Michelangelo
- Raphael
- Botticelli

**7. Which opened first? The Sydney Harbour Bridge or the Story Bridge?**

- Sydney Harbour Bridge
- Story Bridge

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





# FITZGIBBON CLASSES

## FITNESS CLASSES WITH AMA

Why not try something new this year? Join fitness instructor Ama at the Fitzgibbon Community Centre every Wednesday for a functional fitness or high intensity class. Both classes are \$10.00 each and can be paid with cash or Member Card (no Eftpos). No need to book - simply turn up.

### FUNCTIONAL FITNESS

WEDNESDAY | 9:30AM - 10:15AM

Combination of cardiovascular fitness, strength, balance, and flexibility to improve/maintain a person's function as they age. Instructed by Ama.

### HIGH INTENSITY

WEDNESDAY | 10:30AM - 11:15AM

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. Instructed by Ama.



## NEW NDIS TEAM MEMBER



**ROSELLE HO**

**SPECIALIST SUPPORT COORDINATOR**

This month we welcomed Roselle to the NDIS Support Coordination team. In her role as a Specialist, Roselle works with NDIS participants who have a complex disability to build their capacity to manage their NDIS plan and services.

FEBRUARY SALON DEAL:

**\$75**

DOWN FROM \$93

**Cut, colour & deep  
conditioning treatment**

Call (07) 3624 2150

\*Short hair only





## CHICKEN PARMIGIANA TRAY BAKE

### INGREDIENTS

- 4 x 120-150g skinless chicken breast fillets
- 1 brown onion, finely diced
- 1 clove garlic, crushed
- 1 eggplant, finely diced
- 310g jar roasted pepper strips, drained
- 400g can no added salt chopped tomatoes
- 2 tomatoes, roughly chopped
- 3 cups baby spinach leaves
- 1 cup basil leaves, roughly chopped
- ½ cup reduced fat mozzarella cheese, grated
- ½ cup fresh breadcrumbs
- 4 cups green beans, trimmed
- Basil leaves, to serve

### METHOD

1. Preheat oven to 200°C.
2. Preheat a non-stick frying pan on high heat. Cook chicken breast for 3-4 minutes on each side or until cooked through. Transfer to a plate and cover to keep warm.
3. Meanwhile, using the same pan, add onion, garlic, eggplant and roasted red pepper strips and cook, stirring occasionally for 3-4 minutes until softened. Add chopped and fresh tomatoes and simmer for 4-5 minutes until sauce thickens. Add spinach and basil leaves and remove from the heat.
4. Put cooked chicken breast onto a deep baking tray. Top with sauce and sprinkle with cheese and breadcrumbs.
5. Bake for 10-15 minutes or until top is golden.
6. While cooking, cook green beans in a saucepan of boiling water for 4-5 minutes or until just tender. Drain.
7. Serve Chicken with green beans and garnish with fresh basil leaves.

# SHOULDER STABILITY

## IMPROVING MOBILITY & STRENGTH



Written by Sophie Pacek

As a child, my main sports were swimming, netball and tennis. Each activity requires high levels of shoulder mobility for strokes, throwing/shooting and hitting/serving.

The shoulder joint is one of the most mobile in the body, but this can be at the expense of stability. Generally speaking, mobility and stability have an inverse relationship in joints – that is, if a joint is quite stable, it tends to be less mobile, and vice versa.

For example, hinge joints like the elbow are very stable but can only move in one plane (bend and straighten) whilst the shoulder (a ball-and-socket joint) can flex, extend, abduct, adduct and rotate but hence is less stable. The shoulder joint is more likely to dislocate if other tissues like ligaments, tendons and muscles are not as strong as they need to be. The major stabilising muscles of the shoulder girdle are collectively known as the rotator cuff.

I'm sure many of you would have heard of the rotator cuff, seeing as I come across many individuals at Healthy Connections who have tears in one or more of these muscles / tendons.

The rotator cuff is comprised of four muscles that form a cuff around the glenohumeral joint and are responsible for keeping the 'ball' (our humeral head) in its 'socket' (the glenoid fossa of the scapula).

As the name suggests, these muscles aid in rotation of the ball within its socket, so we

can perform daily activities like putting our hands behind our neck or reaching behind our back.

One of the main rotator cuff injuries I deal with at Healthy Connections are tendon tears. The tendons of the rotator cuff run through the glenohumeral joint space and attach onto the 'ball' – this means that if the joint space is reduced, tendons can rub against the top of the scapula (especially when we have our arms above shoulder height). Tendon tears often occur over a long period due to repetitive shoulder movements or overuse. Due to the nature of tendons having limited blood supply, these tears often do not heal on their own; however, good function can be achieved without surgery.

Shoulder rehabilitation exercises should aim to restore a certain level of function, strength, stability and range of movement. Exercises are classified into two sections: range of movement (exercises aiming to improve mobility) and strength (those aiming to improve stability). It is important to begin with the range of movement exercises because we need to improve mobility before adding a resistance to improve strength.

A full list of exercises with instructional images can be found online [here](#). If you are reading a physically copy of this newsletter simply head to the Healthy Connections website and look for "shoulder stability part two" on the blog.





# WHAT WE GOT UP TO THIS MONTH

## AT CLUB RESPITE



Above: We were visited by Piper Joe last month who played the Bagpipes at Club Respite.

## UPCOMING EVENTS

### AT CLUB RESPITE

February 1	David Cheales
February 3	David Smith
February 8	Computer Lessons
February 10	Terry & Ross
February 11	Boom Baby
February 12	Computer Lessons
February 16	Able2Rock
February 17	John Sophios
February 18	Computer Lessons
February 19	Piper Joe
February 22	Craft with Deb
February 24	Able2Rock
February 26	Making Kids Toys



Above: We celebrated two milestone birthdays this month. A very Happy Birthday to Lenore (80) and Ilma (90).



# BRUSH UP ON HOME SECURITY

## WITH OUR TOP TIPS

Break-ins not only result in financial losses but also leave victims feeling vulnerable and violated. Read on for our top six tips to stay safe this summer.

### Lock doors and windows

This may sound like a no-brainer but unlocked doors and windows can allow someone access to your home – even when you are inside it. Be sure to lock your doors and windows at night and during the day if you are in a different zone of your home. Of course during the summer months windows should be left open for ventilation but make a habit of closing windows in rooms that are unoccupied.

### Spare keys

Don't place keys outside under door mats or in pot plants, items in these locations can be found easily. If you are going away and need to leave a key behind it is much safer to give a trusted family member or friend their own spare key to keep.

### Keep valuables out of sight

As much as it's easy to drop your keys in a bowl by the door when you return home, it unfortunately isn't the safest place. Place items such as keys, cash, wallets, laptops and mobile phones out of sight,

as these can be easily targeted, quick to remove and disposed of by offenders.

### Salespeople and contractors

Ask for credentials from all salespersons or unannounced contractors who request entry to your home. If you're doubtful, check with their office before letting them in.

### Be wary of strangers

As much as we assume everyone has good intentions, it is sadly not always the case. Refrain from sharing personal details with strangers, such as where you live or when you are going on holiday. This goes for interactions in person and online.

### Enquire about Home Assist Secure at Burnie Brae

A police-trained security assessor can conduct a security assessment on your home and recommend security-related repairs or improvements. You may be eligible for a subsidy towards minor home maintenance, modifications and repairs that relate to your health, safety and security and are necessary for you to remain living in your home. Contact us on (07) 3624 2121 for further information.

# STAFF PROFILE

Each month we feature one of our fantastic Lifestyle Facilitators:



**COLLEEN COLEMAN**

LIFESTYLE FACILITATOR

## What does your role entail?

Assisting clients to stay in their homes and provide care and assistance where needed.

## What do you enjoy most about your role?

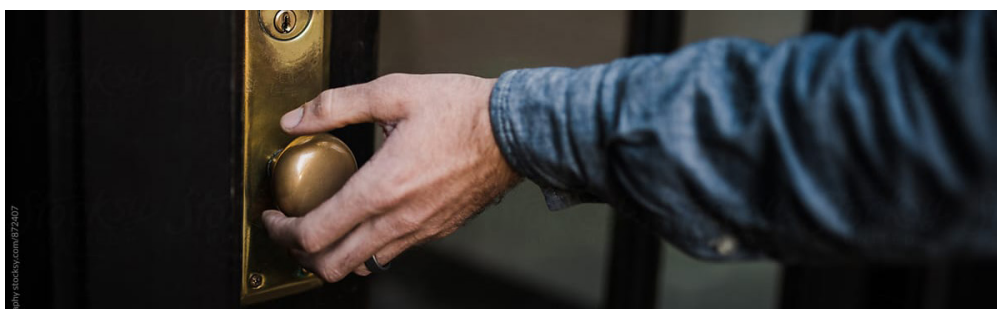
The clients I meet and hearing their stories. I enjoy not having one day the same as the other and making a difference in someone's life.

## What are the rewards you and your clients gain from your role?

Connections, familiarity, consistency, listening. The rewards I gain are the diverse range of experiences that enrich my life - I feel fulfilled and grateful.

## What do you like doing when you aren't at work?

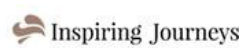
I love cycling, walking, hiking, fishing and camping. I do volunteer work at Vinnies and I love the beach and travel.







# SPOTLIGHT ON: TASMANIA



Cruise along the coast of the Freycinet Peninsula, past the towering pink granite cliffs to Wineglass Bay. Stop and smell the lavender at Bridestowe Lavender Estate as you wander the fields while tasting their homemade lavender ice cream.

SAVE UP TO \$600\* PER COUPLE ON SELECTED GUIDED HOLIDAYS



Bridestowe Lavender Farm



Cradle Mountain



## PERFECT TASMANIA

Cruise Wineglass Bay, walk idyllic Dove Lake with its Cradle Mountain backdrop and embrace your inner foodie meeting local producers and winemakers.

Save \$600 per couple

NOW **\$5,925** PP twin share\*

Call (07) 3624 2191 or  
visit in-store

## TASSIE'S PARKS & NATURE

Explore Tassie's West Coast, Russell Falls and the dark waters of the Gordon River, as well as remarkable natural wonders and wildlife.

Save \$600 per couple

NOW **\$3,160** PP twin share\*

Call (07) 3624 2191 or  
visit in-store



20% OFF & A REFUND GUARANTEE\*

\*Valid on selected trips, refund guarantee  
up to 30 days before departure. T&C's apply

Uluru, Northern Territory



# TASTE OF TASMANIA FESTIVAL

📍 Hobart 📅 December / January

Indulge your tastebuds at one of Australia's most famous food festivals! The tradition of this festival began in 1988, when the first Taste of Tasmania Festival was held to ensure the crews finishing the Sydney to Hobart yacht race had a reason to stay and celebrate their arrival in Hobart.

Originally, held over just two days and featuring 22 stalls, The Taste of Tasmania festival is now the largest and most significant food and wine festival in the state of Tasmania. (It's also the largest festival of its kind in Australia). Owned, managed and delivered by the City of Hobart.

The hub of the festival is the large Princes Wharf No.1 Shed at the southern end of Hobart's docks. Inside and outside, the shed is lined with stalls from Tasmanian restaurants and producers, selling the likes of fresh seafood, berries, cheese, craft beer, wine and cider. Grab a table along the docks, or simply wander around the venue to enjoy acts from the street performers and bands.

When the Taste of Tasmania kicks off, the lead boats in the mighty Sydney to Hobart Yacht Race are likely to be arriving at their finish in Hobart's docks, just a few steps from the festival venue. As more yachts sail in over the days approaching New Year's Eve, wander along the wharf to admire the size and beauty of these incredible race boats.



JOIN US:

## TRAVEL CLUB PRESENTATION: UNLEASH LONGREACH

We are so excited to present the ultimate 8 day 'Unleash Longreach' holiday in partnership with QLD Rail and Outback Pioneers. The Itinerary includes Outback Pioneers experiences, Qantas Founders Museum, Australian Stockman's Hall of Fame and Winton!

Join us at our first Travel Club event of the year and find out more about this exciting trip during our **FREE** 'Unleash Longreach' presentation.

PRESENTATION GUESTS:



JOIN US

**17 FEBRUARY**

9:30am  
Burnie Brae Hall

RSVP in-store, via (07) 3624 2191 or email  
[travel@travelconnections.org.au](mailto:travel@travelconnections.org.au)





# HIGHLIGHT EVENTS

AT BURNIE BRAE & OUT AND ABOUT



## ALCOHOL APPRECIATION: FIND YOUR SPIRIT

February 5 | 5:00pm - 6:30pm

\$20

Call (07) 3624 2110 or visit Reception

It's time to 'find your spirit' at our Alcohol Appreciation event! Learn surprising facts about your favourite drinks; how they are made and their history. Enjoy a great night with your friends with included spirit tastings and cheese platters. Hosted by Lance Currie - 50+ years of industry experience and 20+ years running the Malt Whisky Society.

## GOLD: FOLD PAPER INTO FABULOUS

February 9 | 1:00pm - 4:00pm

\$5

Call (07) 3624 2110 or visit Reception

Recycle old newspapers, books, and junk mail to make your own stylish and sustainable small card holders, wallets, or gift bags. Take your new-found skills and experiment with other materials at home!



## GOLD: RECYCLE & ADD FUN

February 13 | 9:00am - 12:00pm

\$5

Call (07) 3624 2110 or visit Reception

Upcycle a milk juice carton into a coin purse wallet. There are several different styles to try; from small to large and pop-up.



## GOLD: ROCK AROUND THE CLOCK

February 16 | 2:00pm - 4:00pm

\$5

Call (07) 3624 2110 or visit Reception

Give a new spin to an old, unused vinyl! Apply a marbling technique to the record to create your own unique and stylish wall clock.



## GOLD: SPRAY TIE DYE & PATTERN

February 23 | 1:30pm - 4:00pm

\$5

Call (07) 3624 2110 or visit Reception

Learn the process of tie-dye to create geometrical and floral patterns as well as traditional designs. The paint dries quickly, so you have time to move onto the next design.



## COME FROM AWAY

April 7 | 12:00pm - 4:00pm

\$95

Call (07) 3624 2110 or visit Reception

The Tony® and Olivier Award-winning musical shares the remarkable true story of thousands of stranded passengers and the small town in Newfoundland, Canada that welcomed them all. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.