



NEWSLETTER

Issue 3 | April 2021



INTERNATIONAL DAY OF HAPPINESS

March 20 was the International Day of Happiness, an annual event organised by the United Nations to raise awareness of the importance of positive emotion for humanity. This year's theme reminds us to find uplifting and positive ways to look after ourselves, and each other.

Keep calm

There are lots of things outside our control, so remember to breathe and focus on what really matters.

Stay wise

Make wise choices that support our wellbeing and help others to do the same.

Be kind

We're all in this together, so stay connected and reach out to help others who may be in need.

At Burnie Brae, the values of community, connection and care reflect this year's International Day of Happiness theme. Studies into the benefits of happiness have shown that the key to human wellness is strong social ties and a sense of purpose, and people who are happy tend to live longer and have fewer health problems!

What will you do to spread happiness in our community?

2	Volunteer Story
3	Activities
5	Centre Events
6	Free Exercise Program
7	Wellness Blog
8	Respite Catch-up
9	Home Electrical Safety
10	Travel Promotions
12	Out & About

INSIDE



Zumba Classes





Photos taken pre-covid

10+ YEARS OF VOLUNTEERING

When Eddie retired from his job as a Crane Driver, his first thought was "what's next?"

"I've never been out of a job unless I wanted to be, I'd do anything, and it wouldn't matter."

Eddie started volunteering at Burnie Brae in 2010, driving the 12 seater bus to transport clients from their homes to the centre. Nowadays, a typical day for Eddie involves helping out in Club Respite; setting up for morning tea and lunch and collecting the meals from the Cafe Connect kitchen. Eddie also provides assistance to Project Pantry, organising items for food hampers and collecting packages from Foodbank.

"There's so many facets of volunteering you can do, you don't have to stay with one thing."

"I look forward to volunteering. I get up in the morning and think it's going to be a good day. People often comment that I am always smiling and to that I say, what does it cost to smile and say hello."

Thank you Eddie for your wonderful contribution to Burnie Brae over the last ten years!

Volunteering is time willingly given for the common good & without financial gain.

95% of volunteers say that volunteering is related to feelings of well-being.

Volunteering strengthens:

- SOCIAL INCLUSION
- CONNECTION
- IDENTITY
- SENSE OF PURPOSE
- MENTAL HEALTH

A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities.

If you're interested in volunteering in your community, visit www.volunteeringqld.gov.au

SNAKE PLANTS



IN THE GARDEN

Add some colour to that bland area of your house! One of the most popular houseplants are Sansevieria trifasciata (also known as the Snake Plant or Mother-In-Law's).

The best thing about this plant is that it's almost indestructible! Snake plants are drought resistant and thrive in either very bright light or almost dark corners of the house. NASA research has even shown the plants are able to keep the air inside your home clean by removing toxins. Just remember to keep them away from your cats/dogs as they can be toxic if ingested.

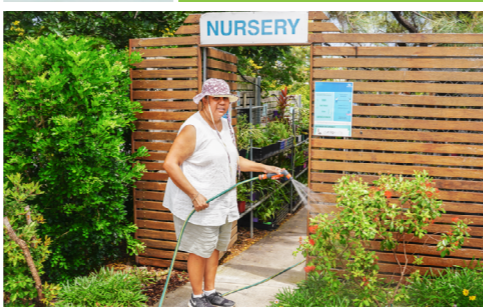
More for your money

You can buy one Sansevieria plant and then divide them during repotting. Cut a segment of the leaf (5 - 7.5cm) or use the whole leaf and place it in glass/jar of at least an inch of water. Once about an inch of roots have formed, you can put it into free draining soil. Pop them in direct sunlight and don't water too much.



Various sizes available to purchase from the Nursery

Open 9am - 1pm Monday, Tuesday & Friday



GET INVOLVED!



GYPSY RUMBA DANCING

\$15



\$12

A wonderful night was had at **Ballroom dancing!** The group are learning dances; Katherine Waltz, Midnight Jive and the Tango Terrific. Come along and bring a friend too, the more the merrier!



\$15

Channel your inner ballerina and escape into the enchanted world of ballet!

Our classes are suitable for all ages, particularly seniors, as we can modify the class to your abilities. You won't see us jumping or turning, instead we will learn basic ballet techniques at a gentle pace, while having lots of fun!

We will be mixing it up with a bit of classical ballet and contemporary music – think 'Stairway to Heaven', but a piano version. Starting each class on the barre, we will then move into slow movements and short choreography.

"Ballet provides a solid base to build on for other dance forms and also improves your coordination, posture, dexterity, strength, balance, brain function and

grace." Susan, Ballet Teacher

Susan's 55 years of dancing, began with ballet when she was just five years old! Her passion for dancing led to her obtaining a degree in Performance Arts, majoring in classical dance, and teaching dance for over 25 years. Susan's maturity and experience allows her to work with your abilities.

Join us on Monday from 3 - 4pm at the Burnie Brae Hall, wearing either ballet slippers or soft shoes. Feel free to dress up ballerina style, if you'd like to! We are all beginners and learning together, so you can join in at any time. Everyone is welcome!

EXPRESSION OF INTEREST

Let us know if you'd be keen to see our boxing classes return! Classes are proposed to be held on Wednesdays 7 - 7:45am in the Burnie Brae Hall.



Register your interest at Reception or phone (07) 3624 2110



\$5 ACTIVITIES

BOLIVIA Thursday 9am
CARROM Thursday 9am

CARDS: 500 Tuesday 9am
DARTS Thursday 11am

INDOOR BOWLS Wednesday 1pm & Friday 9am

MAHJONG Monday 12:30pm & Wednesday 9am

SCRABBLE Tuesday & Thursday 9:30am

TABLE TENNIS Thursday 10:30am





ANZAC DAY

Lest We Forget

“ANZAC” was the name given to a combined force of First Australian Imperial Force and New Zealand Army troops who landed on Turkey’s Gallipoli Peninsula at around dawn on Sunday, the 25th day of April, 1915, barely nine months after the outbreak of World War I.

On every 25th day of April since then, “ANZAC Day” has been observed in Australia and New Zealand, becoming an honoured and sacred institution along the way.

The Spirit of ANZAC is unseen, unpredictable

and an unquenchable thirst for justice, freedom and peace. Despite being intangible, the Spirit of ANZAC is a cornerstone which underpins our Australian image, way of life and indeed is an integral part of our heritage.

We want to honour all of our members who have served our country, on Sunday 25 April. Lest we forget.

Don’t forget, the Burnie Brae Centre will be closed over Easter (2 April & 5 April) and for the ANZAC Day Public Holiday on 26 April.

DIGITAL INCLUSION PROGRAM



Book a FREE lesson!

3pm - 6pm | Tuesday & Thursday
9am - 3pm | Wednesday & Friday

P. (07) 3624 2110 or e. reception@burniebrae.org.au

Work at your own pace during a 1-hour, individual lesson with one of our trained mentors. Some of the common questions covered in our lessons so far have included:

- Cleaning computer files
- Sending & responding to emails
- Using Facetime
- Creating passwords
- Moving photos from your phone to your computer

HAIR SALON

Weekdays 7:30am – 3:00pm
Phone (07) 3624 2191

Visit the salon for your cut, colour, wash, style and everything in between!
Check out some of our clients before and after photos below.



TRIVIA TIME

Celebrated on April 1, April Fool’s Day is a day for tricks, pranks, and jokes.

1. In Scotland, April Fool’s Day is often called ‘Hunt the Gowk Day’. What is a gowk?

- a. A fairy
- b. A witch
- c. A bird

2. What long-lived soap opera made its debut on the 1 April, 1963?

- a. Days of our Lives
- b. General Hospital
- c. Coronation Street

3. According to tradition, what time should all April Fools pranks cease?

- a. Noon
- b. 3pm
- c. Midnight

4. The French often stick cutouts of what kind of creature onto people’s backs on April first?

- a. Monkeys
- b. Pigs
- c. Fish

5. What island was hit by a tsunami on 1 April, 1946?

- a. Japan
- b. Hawaii
- c. Sicily

6. In Portugal, what object is traditionally thrown at friends in celebration of April Fool’s Day?

- a. Flour
- b. Tomatoes
- c. Water

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



RESTORE OUR EARTH

3 actions & tips to make a difference

The theme of this year’s Earth Day (22 April) is ‘together we will restore our earth’. This topic can be an overwhelming one however every action, no matter how small, makes a difference.

1. REDUCE YOUR WASTE

Start creating daily habits such as carrying a reusable coffee cup/flask and water bottle when you’re out and about. Learn to say ‘no thank you’ to single use plastic i.e. cutlery, straws and bags. When you head out to buy groceries, remember to take your reusable shopping bags with you. Another great tip is to opt for products with minimal packaging or recyclable packaging where possible e.g. softdrink can is completely recyclable.

2. REUSE ITEMS & CLOTHING

Reuse refers to using items more than once. If you do need to buy something new, make sure you’ll use it more than once. Give your old, broken or damaged goods another life and save them from landfill. Offer your unwanted clothes, household items, furniture or appliances to family or friends, or donate them to charities.

3. LEARN HOW TO RECYCLE

Some basic tips when recycling at home include not putting your items into plastic bags, roll aluminum foil into a ball and leave the lids on your containers and bottles. Recycle your stationery and electronic items including batteries, mobile phones, cables and chargers, computers and printer cartridges at Officeworks.

Legal Presentation

Smith & Stanton Lawyers

WHAT MAKES A GOOD WILL?



Have you booked your tickets to our FREE information presentation yet?

Stephen Ungerer from Smith & Stanton Lawyers joins us to explain what makes a good will.

With over 26 years of experience, Stephen exclusively practices in will making, probate and estate administration and litigation concerning deceased estates. On the topic of will writing, we will discuss the avoidable issues to lessen the scope for problems, delays and additional expenses. There will also be time to ask questions at the end of the presentation.

APRIL 21 WEDNESDAY 10 - 11:30AM

Burnie Brae Centre
60 Kuran Street, Chermide

To book, phone (07) 3624 2110 or visit Burnie Brae Reception.

Mother's Day MORNING TEA

Wednesday 5 May | 9:30 - 11:30am

Enjoy your special day with a beautiful morning tea and live music.

Our guest speaker Chiou See Anderson is a mother of three and has had a variety of careers including the President-elect of the National Council of Women of Australia.

\$28



GUEST SPEAKER



ENTERTAINER

ART & CRAFT WORKSHOPS GOLD PROGRAM

\$5

Rag Rug & Basket
1 - 4pm | April 13

Upcycle your old clothing or linen, using fabrics to make a rag rug and basket.

Pottery Introduction
9am - 12pm | April 24

Try hand-building pottery using Australian Raku clay to create a plaque, mug or planter pot!

Linocut Printing Introduction
1 - 4pm | April 27

Print your own hand-cut works onto paper using versatile techniques!

Leather Wallet: Beginner
1.30 - 4pm | May 4

Make a small leather coin purse or wallet using sustainably sourced Australian leather.

Pop-up Card Fun
1 - 4pm | May 11

Learn how to make several different pop-up style cards in this fast-paced and fun workshop.

Burnie Brae Hall - Activity Room





Exercise at home for free with the Healthy Connections team!

The Exercise Right for Active Ageing program has been created to assist Australians over the age of 65 to connect with and participate in a free, 12 week physical activity program.

The program and assessments are completed in your own home, with ongoing support and instruction from an Accredited Exercise Physiologist. You don't even require any sporting equipment!

About the program

Each week you will be provided with a different exercise and health related theme and have access to educational material for the weekly topic and an accompanying home exercise program to assist with ongoing completion of exercises and activities to reach your specific health and fitness goals.

What's included?

- Full services from the Healthy Connections Exercise Physiologist.
- Pre-screening questionnaire (completed by an AEP).
- Pre and post program assessments.
- Group based program - 12 weeks of physical activity, group classes and home programs, created and updated each week by an Accredited Exercise Physiologist.
- Weekly and ongoing communication and motivational support from the Exercise Physiologist team. Unlimited access to practitioners in cases of query or issues with program.

Schedule

Monday and Tuesday at 9am, Wednesday 8am and Friday 7am.

Only a quarter of Australians aged over 65 meet the national physical activity guideline of 30 minutes of moderate activity a day. Regular exercise is beneficial for managing chronic conditions such as dementia and osteoarthritis. Health benefits include improved strength, balance and fitness, while daily exercise boosts energy levels and mental wellbeing.

Phone. (07) 3624 2185 Email. madeleinep@healthyconnections.org.au

Mention Exercise Right for Active Ageing when enquiring



The Exercise Right for Active Ageing (ERAA) program has been produced by Exercise and Sports Science Australia (ESSA), the governing body for Accredited Exercise Physiologists and Accredited Exercise Scientists in Australia.



Ingredients

- 2 cups (240g) pecans
- 1½ cups traditional wholegrain rolled oats
- 1½ cups wholegrain puffed rice
- 1½ teaspoons ground cinnamon
- 250g packet pitted dates
- 2 teaspoons honey
- 1 1/3 cups (155g) coarsely grated carrot
- 1/3 cup raisins, chopped

⌚ 15 minutes
Makes 18 squares

Topping

- ½ x 250g block (125g) light cream cheese
- 2 tablespoons icing sugar
- 1 teaspoon vanilla essence
- ¼ cup chopped pecans

Method

1. Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper.
2. Process pecans, oats, puffed rice and cinnamon in a food processor until finely chopped. Add dates and honey. Process until well combined (mixture should form clumps when pressed together with clean hands). Transfer to a large bowl. Stir in carrot and raisins.
3. Press mixture very firmly into prepared pan. Cover and refrigerate for 6 hours, or overnight, until firm.
4. To make topping, place cream cheese, sugar and vanilla in a small bowl. Stir with a wooden spoon until smooth and creamy. Spread over base. Sprinkle with extra pecans.

TIPS

- Bars will keep for up to one week in a container in the fridge, or can be frozen for up to 1 month. Thaw in the refrigerator.
- Replace pecans with walnuts and swap sultanas for raisins, if preferred.



5 WAYS

physical exercise brings us happiness & wellness



Wellness has been the buzzword of recent times in health. It refers to the act of adopting healthy habits on a regular basis to achieve optimal wellbeing. It is the concept of not just surviving (or having no disease), but thriving (Pfizer, 2021). Here are five ways exercise can bring us closer to wellness.

Physical wellbeing

Exercise can improve many aspects of our physical health, including cardiovascular fitness, muscular strength and bone integrity. The capacity of our heart and lungs can be increased through aerobic exercise (e.g. anything that makes us huff and puff) – this is important so that we are able to do things easier like walking uphill, running after the grandkids or pets, or hiking up a mountain. Strength-based training can also improve our body composition by building muscle tone, reducing fat mass and ensuring our bones stay strong. Being able to carry groceries, getting up from a chair and avoiding bone fractures all require muscular and bone strength.

Mental wellbeing

Physical activity has been shown to assist with improving mood and reducing stress and anxiety. One mechanism that is thought to explain this the adaptation of mitochondria with exercise. Mitochondria are regions in each cell of our body that are responsible for storing our energy supply. The greater number of mitochondria present, the more energy we can have. Research suggests that the number and density of mitochondria in our muscle and brain cells increase as an adaptation to

regular exercise, explaining why we often feel more energised and clear-headed when exercise is part of our routine (Steiner et al., 2011).

Social wellbeing

Social connectedness is closely linked to our physical and mental wellbeing. Research shows that older adults who maintain social interactions are more likely to report better quality of life, have less risk of developing dementia and maintain their independence for longer compared to those who feel isolated and lonely (Beyond Blue, 2021). Exercise can be an avenue for individuals to establish and maintain regular social connections. Classes like Zumba, yoga and dancing as well as walking groups or going to a gym are some examples of ways to boost your social wellbeing whilst exercising. Check out the Burnie Brae activity timetable or chat to one of the Healthy Connections staff for more information.

Emotional wellbeing

Have you ever felt unmotivated to exercise but push yourself through it and feel great afterwards? The reason why you feel good is because exercise makes us happy through endorphins. Endorphins are our natural pain relievers or 'happy pills'. They are produced in our brain and are released as a response to physical or emotional stress. In other words, doing something strenuous (like exercise) places a certain demand on our bodies, and our brain reacts to this stress by releasing endorphins. We feel this as a 'high' or a feeling of euphoria (Mikkelsen et al., 2017).



Cognitive wellbeing

Physical activity can have a powerful impact on our memory, learning and brain health, and has been shown to prevent and delay the progression of dementia. One explanation includes its ability to increase levels of a protein called brain-derived neurotrophic factor (BDNF), even after just one exercise session (Huang et al., 2013). This protein is created in our brains to promote the growth of new nerve cells and protect existing ones. In other words, as BDNF levels increase, so does our brain's ability to communicate with the rest of our body so that we can move, think, feel and thrive.

For more information please speak to one of the exercise physiologists at Healthy Connections or check out our online blog.



The University of Vermont found that just 20 minutes of exercise can boost someone's mood for up to 12 hours.

Australian Fitness Academy, 2018



Written by Sophie Pacek
Exercise Physiologist, Healthy Connections



CLUB RESPITE CATCH-UP

In March we celebrated Harmony Week with delicious food, music, and storytelling. Harmony Week is a time to celebrate and learn more about the things that make us different.

Australia is one of the most multicultural countries in the world – from the oldest continuous culture of our First Australians to the 49% of Australians who were born overseas or have a parent who was.

Clients in Club Respite also brought in items from their cultures including a mandolin from Russia, a traditional embroidered vest from Poland, handwoven bags from Fiji, and a Claddagh ring from Ireland.



CRAFT GROUP



SEEN OUT



Pam, David and Doug hanging out and admiring the Community Garden.



Ron singing along with entertainer 'Wayne Tribe'.

ELECTRICAL SAFETY IN THE HOME



Electrical safety is important for everyone. For you, your family and our staff. Unfortunately, electrical shocks happen when people are exposed to live electricity, even when using a portable Safety Switch.

Here are some tips for using electricity safely:

- Never use an ageing or faulty electrical appliances including an appliance with a frayed cord, cracked or broken plug, or any appliance that has given someone any kind of shock.
- All appliances must have a regulatory compliance mark (RCM) and the plugs must have insulated pins, as per the images below.
- Do not touch, use or attempt to repair a loose, cracked or broken power point switch.
- Do not spray household cleaners, detergents and insecticides on electrical accessories – they may cause cracking and create an electrical hazard.

Water and electricity do not mix.



- Take extreme care when using electrical appliances near sinks, baths or swimming pools.
- Never leave an electrical appliance where it can fall into the bath or basin.
- Never touch anything electrical with wet hands or bare feet.
- Do not use extension leads or power leads in wet areas - unless they are specifically designed for that purpose.
- Wear shoes - wear rubber or plastic soled shoes when using electrical appliances in laundries, on concrete floors or outdoors - many victims of serious and fatal electrical accidents are barefooted.



Electrical Test & Tag: 9 July, 2021

Check the condition of your electrical leads, power boards and appliances. If you're unsure of the condition of any electrical items, get them tested and tagged for peace of mind.

PRICE PER APPLIANCE

\$5.50

NON-MEMBERS

\$2.50

ASSOCIATE MEMBERS

FREE

MEMBERPLUS MEMBERS

Two vouchers | one item per voucher

Phone (07) 3624 2110 or visit Reception.



DISCOUNT SPRING CLEAN

\$90 - 3-hour service

FREE HOME MAINTENANCE CHECK

Must be eligible for Home Assist Secure/ Commonwealth Home Support Program

T&Cs apply. Phone (07) 3624 2121

CARE SERVICE VOUCHERS

Join/renew

Become a Burnie Brae MemberPlus member at Reception or online, www.burniebrae.org.au/membership



We're your local travel agency, right here in Chermshire!

With a passion for making holiday dreams a reality, Kristie and Nicole offer an all-encompassing travel agency, committed to creating unique itineraries that meet your travel needs. As a proud member of Helloworld Travel, we can provide our clients with exceptional deals, savings and the most current information in the travel industry.

Offering all types of travel experiences, domestically and Internationally. Our focus is to provide friendly and professional service. No matter which travel style you prefer, independent, ready-made tour, escorted group or tailor made. We aim to indulge your curiosity about the world and to ensure that your time away is perfect.

✓ Personal Touch

We are with you every step of the way as your personal travel advisors, providing timely, insightful, professional and unbiased advice.

✓ Group Travel Experts

After facilitating successful group trips to various destinations, our focus remains on creating group travel that suits your interests and needs.

WHY BOOK WITH US?

Find out what makes Burnie Brae Travel Connections unique!

✓ Added Value

As your local Helloworld associate, we pride ourselves on our connection with, strong, long-standing and trusted travel industry partners, giving us access to exceptional benefits.

✓ Book with Confidence

We are a nationally accredited agency, we have met strict standards and criteria to become accredited with these travel industry associations: AFTA, ATAS, CLIA and IATA.

✓ We Give Back

Bookings with us not only support the local Burnie Brae Centre, but also the St Jude's Foundation, through the Helloworld Travel Higher Impact Program.

Contact

p. 07 3624 2191
e. travel@travelconnections.org.au
a. 60 Kuran Street, Chermshire
travelconnections.com.au



Enjoy flexibility and peace of mind when you book with Viva Holidays!

If your holiday is cancelled due to COVID border closures you can cancel your trip and rebook, prior to your departure date or opt for a refund (excludes deposits and airfares). Eligible products feature the 'Book with Confidence' logo. This offer available now until 31 December 2021.

*Viva Holidays general bookings conditions apply.
Learn more at vivaholidays.com.au/policies/booking-conditions



April Promotion

Get excited to travel again with our April promotions! This month, Burnie Brae Member Plus members can receive the following Travel Connections booking bonus deals:

DOUBLE DOMESTIC DEAL

Book any domestic travel booking and receive double the total booking spend back in Burnie Brae loyalty points.

TRAVEL PROTECTION DEAL

Book any insurance policy to receive 2000 bonus rewards points.

CRAZY CRUISING DEAL

Book any cruise to receive a bonus 4000 bonus rewards points.

WANDERLUST TRAVEL

Book any international booking for 2022 or 2023 to receive 5000 bonus rewards points.

T&C's - not to be used in conjunction with other offers, minimum spend may apply, not valid for online product, valid for new bookings until 31-12-21.

* Points applied after travel.

Join/renew

Become a Burnie Brae MemberPlus member at Reception or online (www.burniebrae.org.au/membership)



ENQUIRE NOW

- 60 Kuran Street, Chermshire
- (07) 3624 2191
- travel@travelconnections.org.au
- www.travelconnections.org.au
- Find us on Facebook





OUT & ABOUT

BOOK

Phone (07) 3624 2110
or visit Burnie Brae Reception

BUS TRIPS



ARMY MUSEUM

\$35

Wednesday 12 May | 9am - 1pm

Join us on a tour of the historic Victoria Barracks and its stunning buildings, architecture and history. Take a guided tour of the Barracks, view the current exhibition, watch a historical presentation and enjoy a silver service Devonshire Tea in the 1864 Officers' Mess (included).



CRUISE TO LUNCH

\$79

Tuesday 18 May | 9:30am - 2pm

See and hear all about Brisbane from the decks of the MV Neptune on a tour of the Brisbane River! Enjoy informative commentary as you cruise past some of Brisbane's most iconic sights. Take advantage of photo opportunities! Morning tea and lunch included.



QLD GARDEN EXPO

\$66

Friday 9 July | 8am - 5pm

A 'must see' for green thumbs and novice gardeners alike. The expo boasts different varieties of plants and gardening experts.

INTERACTIVE WORKSHOPS

Instructed by Burnie Brae Art Teacher Petra.



SHIBORI TECHNIQUE

\$55

Saturday 8 May | 9am - 1pm

Shibori technique involves folding, twisting, or bunching cloth and binding it, then dyeing it in indigo. We will incorporate traditional and emerging techniques.

Bring along your own cotton items i.e. tote bag, tablecloth, pillowcase or clothing. Held in the back of the Burnie Brae Hall.



ALCOHOL INK

\$55

Saturday 29 May | 9am - 1pm

Learn alcohol ink techniques - leaf foil and flow mediums to create your trendy, bright, or moody piece. This workshop is suitable for beginners and is a safe and fun space to experiment, play and learn a new skill.

All supplies provided. Held in the Burnie Brae Activity Room (inside the main hall).



THEATRE TRIPS

\$125

QPAC: CHESS THE MUSICAL

Thursday 10 June | 1 - 6:30pm

Soviet and American forces both try to use an international chess championship for political gain and manipulate the outcome. Inspired by extraordinary real-life events.



Sold out in theatres around the world!

QPAC: WEST SIDE STORY

Wednesday 4 August | 12 - 4:30pm

An undisputed and timeless masterpiece, featuring an unforgettable score and songs that have been adored for generations.

Bus trips depart 15 min prior to the event from Kedron-Wavell Services Club (21 Kittyhawk Dr, Chermiside).

