

Burnie Brae NEWSLETTER



Issue 2:
March 2021

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THE EFFECT OF A SIMPLE SMILE...

We were delighted to receive a letter from Burnie Brae clients Merv and Kathy this month. The letter, titled "service with a smile", expressed Merv and Kathy's experience with Burnie Brae staff.

"I have recently had eye surgery to correct a medical issue that was affecting my vision, the surgery takes a while to heal and was compounded by having a Cataract in my right eye, because of this my mobility is greatly affected.

Getting up out of bed one morning I misjudged my footing and grabbed the bedside table for support! Unfortunately the bedside table is on wheels and consequently, the table and its contents ended up on the floor.

Fortunately I managed to save myself before I too ended up on the floor.

I checked myself out but the only thing that was damaged was my pride and a slight pain in my back. I thought to myself "what more can go wrong with my day?" The trouble with thinking like that is the fact that you put extra burden on yourself by feeling sorry for yourself.

I was still feeling sorry for myself when our Lifestyle Facilitator arrived to carry out personal care and cleaning. My wife and I have been active and independent for the majority of our life and hence, being on the receiving end of personal care was a big adjustment for us.

CONTINUES OVER...





When I opened the door for the lifestyle facilitator I was greeted with a smile - not a forced smile but a smile born out of the fact that the lifestyle facilitator truly enjoyed working for Burnie Brae and received satisfaction from helping people stay in their homes for as long as possible.

I can't mention the names of the lifestyle facilitators but I can tell you that all the lifestyle facilitators smile when they come to the door, despite the fact that they may have troubles of their own. Their smiles are genuine and their own issues are left at the door when they start work. What a difference a genuine caring smile can make to someone who may be having a bad day!

I would like the Lifestyle Facilitators to know that the work that they do can be demanding at times, clients may be having a bad day (I started the day feeling sorry for myself) but the smile they give is just as important as the work they do.

Kathy and I depend on Burnie Brae for our wellbeing, having Burnie Brae as our home care provider gives us peace of mind by allowing us to live in our home for as long as we are possibly able to. The time will come eventually when we will have to move to assisted living, but until then I know that the entire home care team at Burnie Brae will be available to make life easier for us.

All Burnie Brae staff, whether it be the lifestyle facilitators, the home care coordinators, the office staff, the transport staff, the cleaners or the girls in the café treat us with respect and always provide a smile with their service."

Thank you Merv and Kathy for this beautiful letter! The team at Burnie Brae will continue to deliver service with a smile!



SOUP DRIVE

Our Project Pantry team are seeking donations of soup (in-date) during March. Next time you're shopping, if you're able to grab a packet/tin of soup, it would be greatly appreciated. Please drop donations at Burnie Brae Reception or at the Project Pantry Shed.



POTTED PLANT DONATIONS

We are currently seeking donations of potted plants, mainly bromeliads, geraniums (all colours) and succulents. Please drop any donations to the Community Nursery. Open 9am - 1pm on Monday, Tuesday and Friday.



GARDEN TIPS for March

Seeds to plant now

Consider planting cabbage, Asian greens, rocket, silver beet, cauliflower, beans, peas, spring onions, leeks, radish or cucumber.

Add some colour

Pretty up the patch with these flowering fancies; marigolds, sunflowers, pansies, cornflowers, violas, snapdragons, stock, verbena and lavender. Popping these in around your veggies will add some colour and interest to the patch, and act as beneficial insect attractors!

Get on top of weeds

Weeding is an important job to do at this time of year. Cut down the competition between your tasty treats and these space invaders, and tidy up your patch. Top up the mulch on your veggie patch to help suppress weeds in future.

Consider companion planting

Companion planting is a method of growing plants together, with the idea that they will assist each other in some way, for example:

- Dill & Brassicas
- Nasturtium & Fruit Trees
- Parsley & Asparagus
- Radish & Spinach
- Tomato & Basil

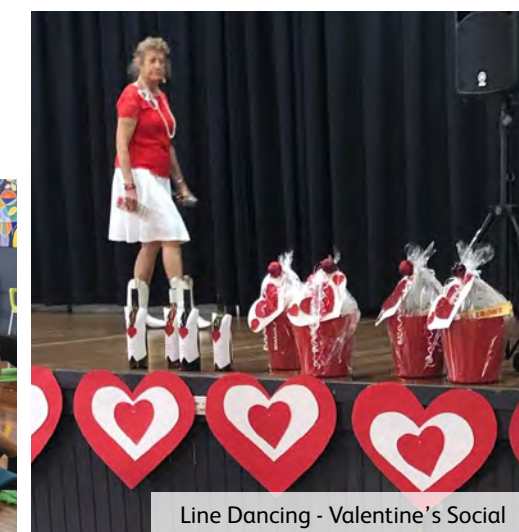


AROUND THE CENTRE IN FEBRUARY

Pilates activity



Mahjong activity



Line Dancing - Valentine's Social



\$5.00
/ GAME

WHY NOT TRY INDOOR BOWLS?

Indoor bowls is a very popular activity amongst our members. Give it a go every Wednesday 1pm and Friday 9am in the Burnie Brae hall. Our friendly group welcomes all new players! There is no need to book in - simply come along.

FREE PRESENTATIONS

March 17	Pharmacy Presentation Get the most from your medicines
April 21	What makes a good will Presented by Smith Stanton Lawyers

GOLD PROGRAM: ART & CRAFT WORKSHOPS

March 20	Street Art Painting
March 23	Intuitive Paint & Pen
March 23	Paint a Plate
March 30	Print It

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

Further information is available at Reception and on our website, www.burniebrae.org.au

Upcoming events and bus trips featured on page 12.





BRIDGING THE DIGITAL DIVIDE WITH DIGITAL MENTORING

For many of us, the internet has become an essential tool for living; enabling us to buy and sell goods, bank and pay bills online, make holiday bookings, engage with government departments and corporations and research information. The internet is also an inexpensive way of communicating real time with family/friends in other parts of the world, or to stay socially connected with friends here.

While more than nine in ten people aged 15 to 54 are internet users, the number drops to eight in ten of those aged 55-64 years, and to under six in ten of those over 65 years. None or low levels of internet skills means people are unable to conduct business, communicate with others or access important services over the web. In many cases, they are becoming more and more isolated from their community and family at a time in their lives when they need those connections the most.

To overcome this challenge, at Burnie Brae we have been building on the small computer tutoring program which has been operating at the Centre for the past ten years. We now have a much larger pool of trained digital mentors to provide one-on-one classes for people to become more confident with their device and getting online. The scope of the Centre program has expanded so we can increase appointment opportunities for our members, and also offer regular tuition for Respite clients. With the support of our volunteers, we plan to conduct regular education seminars about topical issues like, safety online, social media and accessing and using government sites like MyGov.



Anna & Paul

MEMBER STORY

"It's just marvelous what you are doing here with the digital mentoring – there is so much more I want to learn and it's great to know help is at hand here at Burnie Brae."

Anna

Anna is a member of a writers' group and she recently bought a new laptop for writing short stories. She found that the dark grey lettering on light grey keys on the laptop was very hard to read. Paul was able to help Anna to select and install a wireless keyboard and mouse and she is finding these much easier to use. Together they also changed the laptop display settings to high contrast to improve readability. Using the Be Connected resources and with Paul's support Anna has also been learning to organise her folders and files, download applications and how to copy and paste her short stories to a blog site.

If you are interested in finding out more about the Digital Inclusion Program please contact us on (07) 3624 2110 or email reception@burniebrae.org.au

TRIVIA TIME

Test your geography knowledge!

1. Which is the largest continent?

- Asia
- Antarctica
- Europe

2. Which country has the most lakes?

- Sweden
- USA
- Canada

3. Which is the oldest city in the world?

- Athens
- Jerusalem
- Damascus

4. Which is the flattest continent?

- Australia
- Antarctica
- Africa

5. Which ocean is home to 75% of the Earth's volcanoes?

- Indian
- Pacific
- Atlantic

6. In which state would you find the Bungle Bungles?

- WA
- NT
- SA

7. What percentage of Australia is desert?

- 30%
- 45%
- 18%

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

CARDS: 500 IS BACK!

Join us for a game of 500 from the 9th of March!

Held every Tuesday,
9am - 12 noon in the
Burnie Brae rear hall.
\$5 per session.

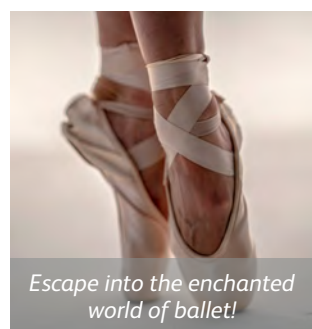


A MORNING IN THE KITCHEN

It's always a busy morning in the Café Connect kitchen! Gurbinder and Ruth hand make all the food at Café Connect and also for Club Respite's morning tea and lunch. Club Respite clients are treated to a new menu each day, rotating every five weeks.



If you love the scones at Café Connect, Ruth's tip for great scones is to "make sure you don't overwork them" and "once you find a good recipe stick with it."



Escape into the enchanted world of ballet!

BALLET CLASSES

\$15 per class

Starting 8th of March | Monday 3pm | Burnie Brae Hall

Our first class will begin at the barre, performing exercises to improve your dexterity, posture and balance.

Taught by dance teacher, Susan Minshull, the classes proceed at a gentle pace that is suitable for everyone!

MEMBERPLUS MARCH PROMO

15% off 'Pump Haircare' products

20% off gift store items (located in Reception)!



MARCH SPECIAL

\$50



Stylecut, shampoo,
blow wave & eyebrow tint

A SAVING OF \$30!

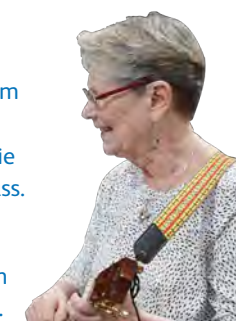
Short hair only

PHONE (07) 3624 2150

UKULELE

Join our friendly Ukulele group and jam with us on Friday 11:45am in the Burnie Brae hall, \$10 per class.

Beginner lessons
Thursdays 3 - 4:30pm
in the Respite Centre.



RETIREMENT LIVING UPDATE

In April 2020, we announced approval of our Development Application by Brisbane City Council for our eagerly anticipated senior's housing development. With the onset of COVID19, planning was unfortunately put on hold.

However, we are excited to report that plans for Burnie Brae Retirement Living are advancing once again. We'll keep you informed on new updates!



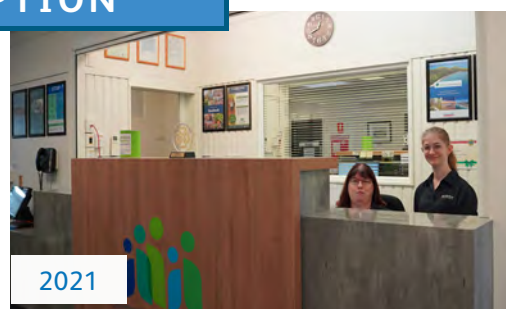
THEN VS NOW

TAKING A LOOK AT HOW OUR CENTRE HAS CHANGED OVER THE YEARS

The Burnie Brae Centre has evolved dramatically since its humble beginnings in 1984! We recently stumbled across some archival pictures, so let's step back in time and see how the centre has changed.



2004



2021

RECEPTION



2004



2021

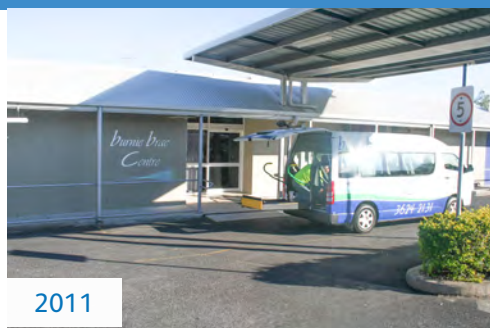
CAFE CONNECT

A project that had been a long term goal of the Burnie Brae Management Team was realised with the official opening of Café Connect on 18th November 2009. Café Connect was opened to add to the social opportunities for local seniors.

BURNIE BRAE FACADE



2004



2011



2021

COMMUNITY GARDEN



2006 (pre-garden)



2009



2021



LEMON & GARLIC CHICKEN

INGREDIENTS

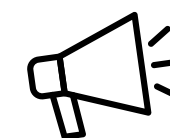
- 1 tbsp olive oil
- 1 large lemon, juiced
- 3 large garlic cloves, crushed
- 1 tsp honey
- Cracked black pepper, to season
- 4 (approx 125g each) skinless chicken breast fillets, trimmed of fat
- 4 desiree potatoes, unpeeled
- 2 tbsp flat leaf parsley, roughly chopped
- Serve with salad leaves/steamed vegetables

METHOD

1. Combine the oil, lemon juice, garlic and honey in a bowl. Season with pepper and whisk to combine. Place the chicken on a large plate. Pour over half the lemon mixture and turn to coat. Cover and place in the fridge for 10 minutes.
2. Pierce potatoes with a fork four times. Microwave for five minutes on High/100%, they will still be firm. Remove from the microwave and wrap together in foil. Set aside for 10 minutes.
3. Preheat oven 220°C (200°C fan-forced). Cut potatoes into chunks and place into large roasting pan lined with baking paper. Drizzle with the remaining lemon mixture. Roast for 20 minutes.
4. Meanwhile, heat a large non-stick frying pan over high heat until hot. Add two chicken fillets and cook for 2 minutes each side until golden. Repeat with remaining chicken.
5. Place chicken into the roasting pan with potatoes and roast together further 5-8 minutes, turning the potatoes occasionally until chicken is cooked through and potatoes golden and crisp.
6. Sprinkle over the parsley and serve with salad or vegetables.

EXERCISE

THE NUMBER ONE ACTIVITY FOR FALLS PREVENTION



Many people see falls as “just a part of getting older” and something they don’t have control over. Whilst there are indeed risk factors that make some people more likely to fall than others, there are also a number of steps you can take to increase your safety at home. ESSA has stated that the number one activity for falls prevention in older Australian’s is exercise; but what type of exercise is best for preventing falls?

Two types of exercise are most effective in helping to prevent falls, these are strength and balance training. ESSA stated that “the amount of risk reduction and rate of falls reduction has been shown to be anywhere between 20 % – 35 % with the introduction of a balance and strength program.”

Strength training

A decrease in lower limb strength has been identified as a risk factor for falls, making strength training beneficial in mitigating this risk. Strength training isn’t all lifting weights – it can include bodyweight exercises such as sit to stands, resistance band training or

activities such as Pilates or functional fitness.

Balance Training

Declining balance is common as we age and is a risk factor for falls. Improve your balance by performing static balance movements or by participating in activities such as Tai Chi that involve controlled movements that challenge balance. If you are practicing balance exercises at home remember to always stand next to a bench top or a similar surface for support.

Speak to a professional

It is highly recommended that you speak to a professional to ensure that exercises are performed in a safe manner. Our Exercise Physiologists are highly skilled in working with clients who want to minimise their falls risk and are able to create individualised programs that work towards this goal.

For more information on how to reduce your risk of falling check out the Australian Government’s online booklet [here](#) (newsletter online version only).



WHAT WE GOT UP TO THIS MONTH

AT CLUB RESPITE



IN THE GARDEN



We love getting out into the garden at Club Respite. There is nothing better than soaking up the sunshine on a clear day (with a hat on, of course!).

Last month we dug up a few tiny carrots and a giant sweet potato. We were also able to plant some sunflower seeds that we saved from the sunflowers we planted a few months ago.

Aside from gardening we head to the garden for weekly BBQ's and various activities.



DIGITAL MENTORING



Digital mentors have been joining us at Club Respite to help clients become more digitally literate. Clients are learning a range of skills including using Facebook, news apps and browsing the internet.

HOME CARE PACKAGE

FAQ'S

With a 60 % increase in new Home Care Packages provided by Burnie Brae during the 2019/2020 financial year it appears more and more Australians are seeing the value in quality home care. Let's jump into some of the frequently asked questions associated with Home Care Packages:

What can Home Care Packages provide?

Funds can be spent on almost anything that supports your care and wellbeing. The list is long so be sure to have a think about your unique needs before talking with your provider. All the services you would expect such as personal care, cleaning, home modifications, shopping assistance, transport and respite care can be provided. Additionally services that support your connection to the community such as participation in social activities or having a care worker take you to one of your favourite places – such as the beach. Health services

such as exercise classes, podiatry, physiotherapy and occupational therapy can also form part of your plan.

Is there anything Home Care Packages cannot provide?

Programs and services already covered or subsidised by Medicare or the Australian Government cannot be paid for. Rent & mortgage payments, holidays, food, gambling and entertainment cannot be paid for either.

What is a care plan?

A care plan is a document that outlines your home care needs, services that you will receive to meet those needs as well as who will provide the services and when. Your provider cannot change your care plan without your permission, but you can approach them about changing it at any time. Your health and independence may improve and

you may like to focus on a new goal or you may experience a setback and need different services.

What is case management?

A case manager is a professional who works with you to link you to the services and other resources that you want. Case management includes things like assessment, care planning, service coordination, managing budgets and reviewing how everything is going. Burnie Brae allows case management fees to be paid directly out of your Home Care Package funds, this means no direct payment is required by the client.

What supplements are available if I have extra needs?

You may be able to receive a supplement to help meet your additional care needs if you meet the eligibility criteria for a particular supplement. Additional supplements include:

- Dementia & Cognition supplement
- Veterans supplement
- Oxygen supplement (people with an ongoing medical need for the continual administration of oxygen)
- Enteral feeding supplement
- Hardship supplement

Burnie Brae is an approved provider of level one, two, three and four Home Care Packages.

Contact us for further information

Phone. (07) 3624 2121





NEW RAIL TOUR!



New 2021 Burnie Brae Group Departure

NORTH COAST RAIL TOUR

26 - 29 June, 2021

\$2,795pp

Brisbane - Sydney

Step back in time and travel in style!

Discover the crystal clear creeks and uncrowded surf beaches of the Macleay Valley Coast, the breathtaking hinterland rainforest and eclectic community of Byron Bay.



This exceptional tour takes you along the scenic North Coast Line through the Central Coast, the Mid-North Coast and Northern Rivers regions of New South Wales.



Meals served on the train are freshly prepared by our on-board chef using local ingredients from each region.

Sightseeing is included in private chartered coaches at each stop for off train excursions, and we also offer the unique 'Aurora Explorer' concept.

Unpack only once and enjoy everything that slow rail touring provides. The itinerary is designed so that we only travel during daylight hours. We don't want you to miss any of the spectacular scenery.

Sleep on the train in restored ex-Southern Aurora sleeping carriages. Your private cabin converts to a day travel configuration. Dining and Lounge carriages are available when travelling.

Highlights include:

- Historic Maitland & Morpeth
- North Coast Rail Line
- Arakoon National Park
- Kempsey Museum
- Byron Bay Solar Train
- Food & shopping Byron Bay style
- Heritage Rail Cars



4 Days and 3 Nights

Commences: Roma Street
10:00am Saturday

Concludes: Sydney Central
4:00pm Tuesday

Pricing
(GST inclusive)

Twin Share: \$2,795 per person
Single: \$2,795 per person

ENQUIRE NOW

- 📍 60 Kuran Street, Chermide
- ☎ (07) 3624 2191
- ✉ travel@travelconnections.org.au
- 🌐 www.travelconnections.org.au
- 📱 Find us on Facebook





OUT & ABOUT

BUS TRIPS



\$79

BIRRUNGA GALLERY & DINING

Tuesday 23 March | 9:45am - 2:45pm

Check out Brisbane's only Indigenous owned, Indigenous Art Gallery on a tour conducted by its founder and principal artist, Wiradyuri man, Birrung Wiradyuri. Enjoy First Nations inspired menu of scones for morning tea, Bush Tucker Sliders for lunch (vg option available) and lemon myrtle panna cotta!



\$35

ARMY MUSEUM

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

THEATRE TRIPS



\$45

THE AUSTRALIAN ELVIS TRIBUTE Morning Showcase

Wednesday 26 May | 10am - 1:15pm

Dean Vegas travels the world wowing audiences with his Tribute to Elvis. Enjoy hits from Elvis' amazing career and experience the passion and warming personality of a truly great artist. Don't miss this standout Vegas-style show!



The musical theatre event of 2021!

QPAC Presents: CHESS THE MUSICAL

\$125

Thursday 10 June | 1pm - 6:30pm

Inspired by extraordinary real-life events, Chess The Musical tells a story of a complex love triangle combined with dramatic political intrigue, set against the background of the Cold War. Starring Natalie Bassingthwaite, Paulini, Rob Mills, Alexander Lewis and Mark Furze.

BOOKINGS

Phone (07) 3624 2110
or visit Burnie Brae Reception

CENTRE EVENTS

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. Chiou See is the current Managing Director of Elements Retirement Village, President-elect of the National Council of Women of Australia and President of the National Council of Women in Queensland.

\$28



GUEST SPEAKER



ENTERTAINER

Alcohol Appreciation: Red or White

Friday 5 March | 5 - 6:30pm

Learn fun facts, trivia and history while enjoying alcohol tastings and cheese platters. A great night out with friends!

Host Lance Currie has over 50 years experience in the alcohol industry.

\$20 per person

Please note: bus trips depart from Kedron-Wavell Services Club (21 Kittyhawk Dr, Chermshire) 15 min prior to the event start time.