



NEWSLETTER

August 2021



Photo taken prior to mask requirements.

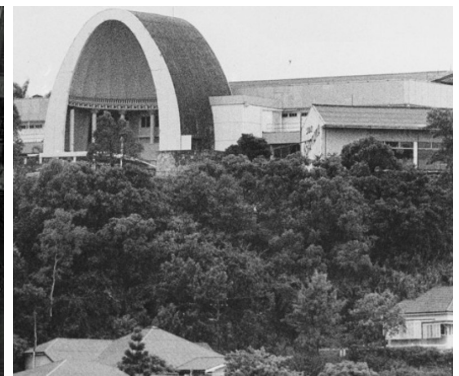
Member Story

ESTHER & KEVIN

- 2 Centre Updates
- 3 Technology Training & Online Scams
- 4 Birthday Celebrations
- 5 Fitness Activities
- 6 Dealing with Diabetes Program Information
- 7 Healthy Connections Member Sessions
- 8 Home Assist Secure Program Information
- 9 Club Respite Catch-up
- 10 Eco Tours & Hamilton Island Day Trip
- 12 Events & Day Tours

You may remember Kevin and Esther from our November edition where we celebrated their 70th wedding anniversary. When we met the lovely couple, we discovered they had a very interesting life - we just had to share it with you all!

Kevin was born in 1929 in a little Queensland town in the bush; Pickandjinnie, near Roma, and Esther was born in Brisbane in 1928. The couple met at the iconic Cloudland on the majestic ballroom floor in February 1950, and they married a few months later.




The couple eventually had six children, who were all brought up in Inala, and whom they are very proud of. They have three sons and three daughters, who live in various parts of the country.

Fun fact - one of their daughters, who now lives in Sydney, was the first person to introduce Pilates into Australia! They regularly see the children who are located in Brisbane and they often drop by to help out around the house.

Ken and Esther moved to Caloundra for work where Esther became President of the Caloundra Boulders Club. The couple then returned to Brisbane to fully retire approximately 8 years ago.

After retirement, they both enjoyed playing outdoor lawn bowls and tennis. When they joined as Burnie Brae Members in 2014, Kevin and Esther went on a number of day tours and theatre trips, and Kevin participated in indoor bowls each week.

60 Kuran Street, Chermside 4032

 (07) 3624 2121

 enquiries@burniebrae.org.au

www.burniebrae.org.au

Like Burnie Brae on Facebook!

Now that Kevin is turning 93, and Esther turning 94, their main activities include attending Club Respite, and reading at home. Kevin also spends time tending to his beautiful garden.

The couple utilise our cleaning and transport services through their Home Care Package, helping them to continue living at home. They both commented that they would be lost without the transport service as they don't own a car.

Kevin said if they do move into retirement living in the future, the one requirement is that it is situated within the Burnie Brae catchment/radius, so they can keep attending the centre.

Thank you both for sharing your wonderful story! If you would like to be featured in the newsletter, please send an email to marketing@burniebrae.org.au or message Burnie Brae on Facebook.



During NAIDOC Week, we had various Indigenous products for sale in Reception. Thanks to your generous support we were able to donate \$500 to the Aboriginal Literacy Foundation!

The Aboriginal Literacy Foundation is a 100% privately-funded organisation providing a number of programs to support Indigenous children throughout their upper primary and secondary years.

The Aspire program runs throughout the year and regularly brings together groups of Indigenous girls aged between 8 and 18 years, from urban and regional areas. The program is inclusive of traditional Indigenous skills and knowledge, it was built to advance the education and life possibilities of young Indigenous girls. It also aims to provide excellent mentoring and pastoral care for the girls as they look towards further education or employment opportunities.

Over the past year, the team of 30 volunteers have provided the organisation with an estimated 2000 hours of time in tutoring, administration duties and general support.



If you would like to learn more about The Aboriginal Literacy Foundation or discover how you can donate, visit aboriginalliteracyfoundation.org.



CENTRE POWERED BY SOLAR

Thanks to a Government grant, our new solar panels will help to lower electricity bills and reduce our carbon footprint.



A massive thank you to everyone for wearing your masks, checking in and maintaining physical distance during the restrictions.

We appreciate your co-operation and understanding during these times!

JOKE OF THE MONTH

Please be careful, because people are going crazy from being locked down at home! I was just talking about this with the microwave and the toaster and we all agree that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING! Certainly couldn't share with the fridge, because he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out.

The vacuum was very unsympathetic, it told me to just suck it up! The fan, however, was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion. The front door said I was becoming unhinged and the doorknob told me to get a grip.

Technology Training

ROMY'S JOURNEY



Meet Romy, a participant of our loan device program since early 2021.

In her 77 years, Romy had never owned any digital technology! Starting our technology training program with very basic skills, she had more than 10 lessons with our Tech Tutors and is confident taking photos, texting, doing online jigsaw puzzles, using Gmail to send and read emails and searching on Google.

“I have really enjoyed the journey - it has been such a bonus in life” Romy shared.

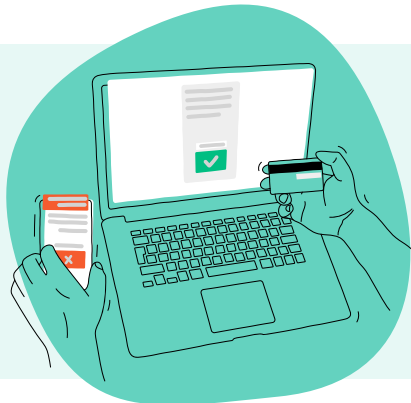
Romy’s advice to anyone who struggles with technology is to simply give it a go! If you discover it’s not for you, there’s no pressure to continue.

Our friendly Tech Tutors are here to help people like Romy. Our free technology training classes are on Tuesdays and Thursdays 2pm - 4pm and Wednesdays and Fridays 9am - 3pm. To book or enquire, phone 3624 2110 or visit Burnie Brae Reception.

Are you scam savvy?

Over the last 10 years of Targeting Scams reports, Scamwatch has received almost one million reports of scams.

Australian Competition & Consumer Commission



It’s important to protect yourself against scammers online. Scams target people of all ages and backgrounds, however, some scams are more likely to target older people.

According to the Australian Competition and Consumer Commission’s (ACCC) Targeting Scams report, older Australians were most frequently targeted by online dating and romance, investment and hacking scams. Reporting scams could help prevent others from losing money or having their personal information stolen.

A local scam that has been circulating recently is a REGO scam. Scammers have been pitching themselves as a REGO company, withdrawing \$4.95 from people’s bank accounts monthly and adding the transfer description as ‘Visa rego-check.com Windsor’.

An online rule of thumb to follow is to never hand out personal information online or over the phone. If you would like to learn how to identify and protect yourself from online scams, come along to our free Cyber Safety and Scams presentation on 15 September (see back page of Newsletter for event details).



AUGUST PROMO



Free hot drink voucher from Café Connect when you next visit the Burnie Brae Hair Salon!

PLUS

200 bonus loyalty points with every appointment

Terms & conditions apply.

Promotional offer runs between 1/8/21 – 31/8/21. Voucher can be used for a standard small hot drink only (add-ins/modifications will be an additional cost).

The voucher will be automatically loaded onto your member card and is valid for 30 days from the time of your hair appointment. Bonus loyalty points will be added to your member card at the time of your appointment.

Book in your next cut, colour, wash or style!
Phone (07) 3624 2150 or visit Reception.

Burnie Brae Hair Salon
60 Kuran Street, Chermiside
Weekdays 7:30am – 3pm



GRANDPARENTS DAY

Burnie Brae

Saturday 30 October 2021
9am - 2pm
60 Kuran St, Chermside

ACTIVITIES • FOOD • ENTERTAINMENT • STALLS • PRIZES



HAPPY BIRTHDAY!

In July we celebrated the birthdays of two very special ladies, Ruby and Jeannie!

After Jeannie's regular 'Memory through Movement' fitness class, the group surprised her with a delicious cake in celebration of her 96th birthday! Jeannie became a Burnie Brae Member in 2012 and has regularly been involved in many activities at the Centre.

Ruby has also been a member for a number of years, joining in 2004 and participating in activities such as Functional Fitness, Aqua Aerobics, Zumba and Tai Chi. To celebrate Ruby's 90th birthday, she received a beautiful bouquet of flowers, tickets to QPAC's West Side Story and enjoyed a party with her friends from Zumba!



Group Fitness Classes

Activities are always more fun in a group! Exercising together can be both empowering and motivating.

It's also a great way to meet like-minded people in your community and even make new friends.

Our fitness classes can also help you to improve your balance, coordination, flexibility and increase your strength, endurance and mobility.

Come along and try out a class!

MONDAY		
Zumba	7:30 - 8:30am	\$10
Aqua Aerobics	11:10am - 12pm	\$10
TUESDAY		
Fit Moves	8 - 9am	\$10
THURSDAY		
Functional Fitness	8 - 9am	\$10
Mindful Yoga	9:15 - 10:15am	\$10
Memory through Movement	12:45 - 1:45pm	\$10
Yoga	3:45 - 4:45pm	\$10

WEDNESDAY		
Boxing	7 - 7:45am	\$10
Zumba	8 - 9am	\$10
* Functional Fitness	9:30 - 10:15am	\$10
* High Intensity	10:30 - 11:15am	\$10
Aqua Aerobics	11:10am - 12pm	\$10

FRIDAY		
Matwork Pilates	7:30 - 8:30am	\$12
Aqua Aerobics	11:10am - 12pm	\$10
Qigong (Tai Chi)	2 - 3pm	\$10

Burnie Brae Centre - 60 Kuran St, Chermside

* These classes are held at Fitzgibbon Community Centre - 545 Roghan Rd, Fitzgibbon

BOXING WITH AMA




A high-energy boxing session ideal for toning your arms, thighs and stomach. Please bring your own glove liners. Ama also instructs our Zumba classes (Burnie Brae) and fitness activities (Fitzgibbon).

MINDFUL YOGA




Increase your awareness of your body and breath while improving your mobility and flexibility. Bring along a mat, blanket or towel. Classes instructed by Sandi, who has been a yoga practitioner for 35 years.

How do I book an activity?

Bookings aren't required to attend an activity. Simply come along to the class and pay upon entry using cash or your Burnie Brae Membership card (load money onto your card at Burnie Brae Reception).

Where can I find other activities on offer?

View full timetable on our website (burniebrae.org.au) or grab a copy at Reception.



One free fitness and dance class of your choice!

Vouchers loaded onto Member's card at the time of membership payment (\$25/year). Valid until 31 December 2021.

T&C's apply.

Join or renew your membership online or at Reception.





Dealing with DIABETES

Learn the best strategies for managing your diabetes and controlling your blood glucose levels through exercise and lifestyle.

At Healthy Connections we offer a specialised diabetes management program 'Dealing with Diabetes'. This program is specifically designed to assist those living with type 1 or 2 diabetes and people at risk of developing the disease.

About the program

The 8-week program is a combination of cardiorespiratory and strength training. Your blood glucose levels are tested by trained experts before and after exercising to ensure complete safety and control. This will help to demonstrate the effects that exercise and diet have on your condition.

Throughout the program, our accredited Exercise Physiologists will cover education topics and workshops relating to diabetes and lifestyle management. Once you have completed the program, we will provide a reassessment to check your progress and offer further education to help you to maintain healthy habits.

Program aims

- Educate you about diabetes and the role of exercise in prevention and management of associated complications
- Improve your long-term lifestyle behaviours through adopting regular physical activity and healthy, well-balanced diets
- Equip you with skills and knowledge to self-manage diabetes and the reduced risk of other chronic lifestyle conditions

We will work towards these objectives through a combination of physical exercise and education.

Initial assessment

Prior to commencing the program, one of our Exercise Physiologists will assess you to determine your goals, abilities and needs.

Facilitator

Exercise Physiologist Sophie is currently one of the facilitators of the program at the Healthy Connections clinic.

Sophie is currently completing a Graduate Certificate in Diabetes Education. The course equips Sophie with specialist knowledge about all aspects of diabetes, including its causes, complications, management and education.

Cost

This program is eligible for rebates through Medicare under a Chronic Disease Management Plan. Patients diagnosed with Type 2 Diabetes are eligible for one individual assessment and eight group sessions per year.

Accessibility

The clinic provides free car parking and lift access outside Café Connect.

[Find out more](#)

Contact the team on (07) 3624 2185, email gym@healthyconnections.org.au or visit us at the clinic.



Sophie

Senior Clinician & Metabolic Specialist

Qualifications

Bachelor of Exercise & Sports Science (Clinical Exercise Physiology, Class 1 Honours) (2015)

Accredited Exercise Physiologist

BEAT IT Diabetes Trainer

My Health For Life Facilitator

Diploma in Dementia Care (2019)

Pilates Level 1 Matwork

Graduate Certificate in Diabetes

Education and Management (2021)

Specialty Areas

- Diabetes education and management
- Exercise prescription for breast cancer
- Exercise prescription for dementia
- Cardiac rehabilitation
- Specific shoulder rehabilitation

Clinic Member Sessions

Getting started

- 1. Fill out an information pack**
 Download online or contact the team to request a copy.
- 2. Book in your individual assessment**
 Purchase a Starter's Pack and schedule your individual assessment with an Exercise Physiologist (EP). Your individual assessment involves a comprehensive health and musculoskeletal assessment, creating a personalised exercise plan to help you achieve your fitness and wellness goals. The Starter's Pack also includes a 45-minute, one-on-one session with an EP, helping you to familiarise yourself with the clinic, its equipment and your exercise plan.
- 3. Plan your schedule**
 During your initial consult, our Exercise Physiologist will discuss our membership options, clinic membership passes, rates for individual EP consultations and clinical groups. We will be able to assist you with selecting an option that suits your needs and goals.

Starter's Pack \$125 | Burnie Brae MemberPlus Members \$100 (save \$25)

- Initial health and fitness assessment
- Customised program
- 45 minute session, one-on-one with an Exercise Physiologist

Book a massage

Our wonderful Massage Therapist Satsuki is available for bookings. Get in quickly, as spaces will fill fast!

Book yourself a relaxing massage with options including remedial, relaxation/therapeutic, reflexology and lymphatic drainage.

What are you waiting for? Call 3624 2185 to book now! Health fund rebates may apply. Please check with your provider.



Burnie Brae MemberPlus Members receive \$5 off a 45-minute massage (1x voucher) and \$10 off a 1-hour massage (1x voucher).

T&C's apply, contact the team for details.



MUSHROOM & THYME RISOTTO

Serves 4

🕒 30 minutes

Ingredients

- 1 tbsp olive oil
- 350g chestnut mushrooms, sliced
- 100g quinoa
- 1L hot vegetable stock
- 175g risotto rice
- handful of thyme leaves
- handful of grated parmesan (or vegetarian alternative)
- 50g bag rocket, to serve

Method

STEP 1

Heat the oil in a medium pan, sauté the mushrooms for 2-3 minutes and then stir in the quinoa.

STEP 2

Keeping the vegetable stock warm in a separate pan on a low heat, add a ladle of the stock and stir until absorbed.

STEP 3

Stir in the rice and repeat again with the stock, until all the stock has been used up and the rice and quinoa are both tender and cooked.

STEP 4

Stir in the thyme leaves, then divide between four plates or bowls. Serve topped with grated parmesan and rocket leaves.

CONTACT US

☎ (07) 3624 2185

✉ gym@healthyconnections.org.au

🌐 www.healthyconnections.org.au



Home Assist Secure Program

Who is eligible for the Home Assist Secure subsidy?

To be eligible to access subsidised assistance through the Home Assist Secure Program you will need to be:

- ✓ 60 years of age or over;
- ✓ Of any age with a disability

In addition, you will need to:

- ✓ Live in your own home or in rental housing;
- ✓ Hold a current Pensioner Concession Card. You may be required to show this card to a Burnie Brae representative;
- ✓ Be unable to undertake the work yourself or be at risk if you did attempt to do the work without assistance;
- ✓ Be unable to access other forms of subsidy e.g. services through:
 - My Aged Care e.g. Commonwealth Home Support Program (CHSP); Home Care Package Program (HCP);
 - Veterans Affairs;
 - Qld Community Care.

The NDIS & Home Assist Secure

Following transition to the NDIS, services provided through Home Assist Secure remain available to NDIS participants.

Low level ad-hoc maintenance requests such as changing a light bulb would not be approved in a NDIS participant's plan and therefore not funded, so Home Assist Secure could assist.

If you think you could fall into this category, please give us a call and we can discuss this further with you to establish your eligibility.

How much assistance can the Home Assist Secure Program provide?

The Home Assist Secure Program provides up to \$500 assistance per financial year towards the cost of labour:

- Labour costs \$200 or less
 - ✓ The Home Assist Secure Program will cover the full cost of the labour. You will be required to pay the cost of the materials.
- Labour costs greater than \$200
 - ✓ The Home Assist Secure Program will cover the cost of the labour up to \$200. You will be required to pay the balance of the cost including additional labour and materials

Rented accommodation

To provide assistance in rented accommodation, Burnie Brae will need written consent from your landlord before undertaking any minor modification or maintenance work. Burnie Brae will not undertake minor modification or maintenance work when:

- It is the responsibility of the landlord under Residential Tenancies legislation or other tenancy agreements;
- When it is the responsibility of the Department of Housing and Public Works.

What services can I access through the program?

Free information and referrals about home maintenance, repairs and modifications, falls prevention and home security. This includes referrals to reputable tradespersons and other relevant community services.

Subsidised assistance for minor modification and critical maintenance work that is necessary - for health, safety and security reasons - enabling you to remain living safely in your own home. Non-essential work (beautification) cannot be subsidised through Home Assist Secure.

Subsidised assistance with lawn-mowing based on your safety and security needs; some limits may apply.

The Home Assist Secure Program cannot assist with an individual maintenance or modification job that exceeds \$1500 in value (excluding GST); including labour and materials.



For your security

Burnie Brae will always ensure that purchases and works undertaken are the best value for money and that, when required, suitably qualified and insured tradesmen are engaged to carry out the work.

All our staff and trade people are required to undergo a National Police check before they provide services.

Burnie Brae conducts quality assurance checks to make sure the completed work meets with expectations and is completed in a timely manner.

Find out more

(07) 3624 2121
enquiries@burniebrae.org.au

Club Respite Catch up



Native bee expert Giorgio talking all things bees!

Giorgio is a bee keeper and researcher from Brazil, experienced in using native bees to pollinate the local crops. Over three decades ago, Giorgio made the move to Brisbane where recently he made and developed his own style of hive box. The supply company, Nativo, sells bee boxes, colonies, native bee honey and offers a pollination service.

The bee presentation was both interesting and educational; Giorgio even had one of his bee boxes on display with a live hive! Visit venturieri.com to get your dose of vitamin bee!



What's another name for a wasp?

A wanna-bee.

Which singers do bees love?

Sting and the Bee Gees.



Maureen's Musical Melodies treated us to an incredible theatrical performance with singing, dancing and comedy acts. We sang along to renditions of 'That's Amore' and 'Shaddap You Face', just to name a few. The group wowed us with costume changes, tap dancing, group and solo performances!

Fun fact: 'Shaddap You Face' by Joe Dolce was number one in Australian for 8 weeks in 1980. Joe moved to Melbourne, Australia in 1978 - two years later, he wrote and recorded the hit song!



Adventure awaits!

Hi, we're Boobook (Ecological Consulting & Ecotours), based in Roma, Queensland. Part of the state's Outback we are only a one-hour flight or an easy five-and-a-half-hour drive from Brisbane along the well-formed Warrego Highway. The Westlander Train also travels to Roma twice a week from Brisbane.

Established in 2000 by husband-and-wife duo Craig and Meryl Eddie, Boobook provides high-quality ecological services along with informative and engaging tours that connect guests with the real Australian Outback. When you travel with Boobook you will experience our passion for our town and region. Our team of ten people are regarded as authorities in the natural history of the Carnarvon Ranges, Brigalow Belt, Central Queensland Sandstone Belt and surrounds.

Principal Ecologist and Company Director, Craig Eddie has been referred to as the "David Attenborough" of Queensland's South West due to his specialisation in little-known national parks and his in-depth knowledge of native flora and fauna. His expertise of the natural environment will guarantee you an experience like no other.

Business Manager (and Craig's wife) Meryl Eddie is a jack of all trades. Whether she's managing the business, tour guiding, prepping behind the scenes, mustering on their farm or volunteering within the community, her knowledge and passion for the region is evident through everything she does.

Travelling in small, personalised groups, Boobook helps you and your friends connect with the Queensland Outback, discovering many of nature's secrets that few have the opportunity to see. With our exclusive access to privately-owned, biologically-rich properties, with spectacular scenery and views, tour guests will learn about and be immersed in Queensland's unique and wondrous natural ecosystems, lesser-known Australian wildlife, pioneering history and our local industries.

Through working and journeying with us, our guests and clients form a deeper appreciation of the natural environment, taking inspired action that contributes to enhanced on-ground outcomes and overall greater good.

WINDOWS TO THE BALONNE
5 days / 4 Nights

30 Aug – 3 Sep 2021
Adult (Double/twin) from \$2805
Adult (Single) from \$3500

CARNARVON GORGE WALKING ADVENTURE
5 DAYS / 4 NIGHTS

Deluxe Glamping Tent Twin Share from \$3270.00
Classic Glamping Tent Twin Share from \$3120.00



Golf Day Trip Hamilton Island Thursday 11th November 2021

- 18 Holes at **Hamilton Island Golf Club**
- Same Day **Return Flights**
- \$760 Price Includes **Drinks, Lunch & Prizes**



from \$760pp*

Join friends and colleagues for a round of golf at the Hamilton Island Golf Club on Dent Island, in the beautiful Whitsunday Islands. The course is said to be one of the most challenging in the world and offers truly sensational views.

INCLUSIONS

- Return airfares with Alliance Airlines and island transfers
- 18 holes at Hamilton Island Golf Club, Dent Island
- Snack pack and unlimited drinks while on the course
- Lunch including premium drinks package
- Prizes

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

Why book with us

Book With Confidence

The logistics of travel can be complicated - our team are here to support and be your biggest advocate, available to navigate, problem solve and ensure your holiday is worry-free. We are a nationally accredited agency, having met strict standards and criteria to become accredited with these travel industry associations: AFTA, ATAS, CLIA and IATA.

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 - this includes savings, upgrades, many negotiated exclusively for our clients. We are committed to making your holiday dreams a reality, offering unique journeys led by the needs and desires of our clients.

We Give Back

Bookings with us not only support the local Burnie Brae Centre, but also enable us to support St Jude's Foundation, through the Helloworld Travel Higher Impact Program. Your booking with us will contribute to making a difference in the lives of both the students from The School of St Jude in Tanzania, and their community.



Personal Service

We are with you every step of the way as your personal travel advisors, providing timely, insightful, professional and unbiased advice. As seasoned travellers ourselves, we offer personal tips and recommendations to truly inspire you in the creation of your journey. Our role is to make sure that your travels are filled with moments and memories, carefully created to suit you.

Group Travel Experts

Having facilitated many successful group trips to various destinations, our focus remains on creating group travel that suits your interests and needs. Our groups have travelled by rail, coach and even African safari! We aim to immerse our guests in every way, with all-inclusive group travel to provide you with a truly memorable journey.

CONTACT US

- (07) 3624 2191
- travel@travelconnections.org.au
- www.travelconnections.org.au



Day Tours & Events

BOOK NOW
P. (07) 3624 2110 or visit Reception

Day Tours Theatre Trips Centre Events Gold Program Art Workshops



Free Presentation

MY AGED CARE PRESENTATION

Wednesday 1 September
10am - 11.30am

Discover more about My Aged Care, the starting point to access Australian Government-funded aged care services. Learn about the registration process and find out how you can manage the different types of care.

Presented by Vicki Neumann, Burnie Brae's Community Services Manager. Experienced team members will also be available on the day to assist with registrations, a Q&A session and free morning tea.



\$55

DESIGN & PRINT WORKSHOP

Saturday 7 August | 9am - 12pm

Design and print your own patterns!

Take home your own gift-wrapping and canvas shopping bag. Feel free to bring your own T-shirt, we will design stamp these too! The workshop is run by Burnie Brae Art Teacher Petra. Morning tea is included in the cost.



\$10

TRIVIA WITH FRIENDS

WEDNESDAY, 18 AUGUST
9.30AM - 12PM

Show off your skills and win great prizes with our theme-based trivia! Gather a team of four or register as an individual to be added to a team. Free morning tea.



\$55

LEARN TO PLAY CROQUET

Thursday 12 August | 9.30am - 12.30pm

Learn how to play Croquet, a game of strategy and precision, from experienced players at the Merthyr Croquet Club.

It's fun and easy to learn, so you'll be able to have a few games with the group! Don't forget to wear flat, enclosed shoes. Morning tea included.



Free Presentation

BREAST CANCER SCREENING PRESENTATION

Wednesday 25 August
10am - 11.30am

One in seven Australian women will be diagnosed with breast cancer by the age of 85.

Rachel from BreastScreen QLD will join us to discuss the importance of getting a breast screen as you age, cancer prevention and healthy lifestyle messages. Topics include; what is breast cancer, risk factors, breast screening and breast awareness.



FREE

CYBER SAFETY & SCAMS

Wednesday 15 September | 10 - 11.15am

Don't fall victim to scammers! Learn how to identify and protect yourself from scams in the online world at our free presentation. Morning tea included.