



NEWSLETTER

September 2021



Photo taken prior to mask requirements.

Member Story

RUBY

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You may have seen long-term Burnie Brae member Ruby around the Centre, but you may not know that much of Ruby's life has been spent helping others.

Following thirteen years working in pharmacies, Ruby moved into nursing, with three years working in Ingham. During that time, she had to learn her nursing skills on the job and helped deliver many babies. She married and moved to Brisbane where she began teaching pharmacy classes. Her next major career move was teaching as a professional cosmetician, which gave her the opportunity to travel all over Australia.

One of the many things that makes Ruby special is her wonderful history of volunteering, spanning over 40 years! She has volunteered for many organisations over this time, including Homeless Connect with the Salvos, Blue Care (30 years), Relaxation Centre of Queensland (40 years), and the Community Visitors Scheme working with the elderly. During her 40 years volunteering at the Relaxation Centre, Ruby was a lecturer, part of the newsletter mailing team, and the Centre contact for children assisted through their foster plan program.

Ruby has also taken on some sports and events related volunteering roles, including:

- World Expo 88 – 6 months with South Pacific and other groups
- 2001 Good-Will Games – assisting at the International Airport, interviewing and general help
- XII Commonwealth Games 1982 Brisbane – organising passports and assistance
- National Fitness Leader for Sunshine Coast from 1972.



In 2004, Ruby became a Burnie Brae member after a friend invited her to a dance class. She has enjoyed many of Burnie Brae's services, activities, and events over the years. These include eleven years of Zumba classes, as well as Functional Fitness, Tai-Chi, Aqua Aerobics, and exercising at Healthy Connections. She also enjoys yoga, meditation and mindfulness. She said: "Functional Fitness has helped with my balance and posture".

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www.burniebrae.org.au

Like Burnie Brae on Facebook

During her years at Burnie Brae, Ruby has spent time helping set up activities each morning and assisting in preparations for special occasions. Ruby was even a regular fashion model at the Burnie Brae Cent Auctions, as well as the 'meet and greet' person for new exercise classes.



Ruby celebrated her 90th birthday in July this year, when she was surprised with a beautiful bouquet of flowers and tickets to QPAC's West Side Story. Her friends from Zumba also planned a party for her! This is just one example of the special friendships that Ruby has formed at Burnie Brae, and her friends often catch up with her outside of the Centre. When speaking about her involvement at Burnie Brae Ruby said: "When I can't make it to the Burnie Brae Centre, I miss the social connections and friendships".

Thank you for sharing your story with us Ruby!

MEMBER STORIES

Do you have a good news story to share? We would love to feature your story in the Burnie Brae Newsletter!

Have you given or received an act of kindness recently or has somebody made your day just a little easier? Send in your stories to the Marketing Team - email marketing@burniebrae.org.au or message Burnie Brae on Facebook!

Please note: images included in the newsletter may not all be current and therefore have been taken under various levels of COVID restrictions.



NEW SIGNAGE



CAR PARK UPDATES

To help improve traffic flow, we have implemented some changes to the car park:

- Kingsmill Street driveway is now 'entry only'. All traffic to exit via Kuran Street.
- New drop off/pick up zones (lined yellow) marked outside Healthy Connections and Centre Reception. 5 minute stopping limits in these zones.
- Designated walkways - Healthy Connections to Café Connect and Club Respite to the Community Garden. Please look out for pedestrians while driving in the car park.

MESSAGE FROM THE CHAIRMAN



There comes a time in a person's life when they have to make hard decisions. Regretfully that time has come for Kevin Rouse, our Chief Executive Officer, who has elected to step down

from his position after an extremely successful tenure with Burnie Brae.

Kevin has served in the position of Chief Executive Officer of Burnie Brae for 22 years and has overseen the phenomenal growth of the organisation during that time. Burnie Brae has developed into a widely acknowledged and respected provider of aged care services under Kevin's leadership.

During his tenure, Burnie Brae has grown from a membership of approximately 1,000 to around 10,000; a staff of ~30 to 163; a climbing client base of approximately 3,000 and an annual turnover from near \$3 million to near \$16 million. This growth wouldn't have been

possible without the professionalism, foresight, innovation, leadership and personality of a man like Kevin.

Kevin is held in extremely high regard by his staff as well as by the members and volunteers with whom he came in contact over the years. Outside organisations that Kevin has had dealings with have nothing but respect for his professional approach to all of his activities.

It is with regret we announce that Kevin will no longer fulfil the role of Chief Executive Officer. On behalf of the Board of Burnie Brae, the staff, members and volunteers, we extend our sincere thanks for a job well done and give our best wishes for a long and healthy life to Kevin.

Neville Mew, Chairman

SENIORS MONTH 2021



FREE PRESENTATIONS



Location: Burnie Brae Hall - 60 Kuran Street, Chermside
Morning tea included

Seniors & The Arts
10 - 11:30am | 6 October

QPAC'S Director of Public Engagement joins us to discuss the theatre's history, ambitions for the future and how the annual program of more than 1,500 performances was developed. Plus, you could win two tickets to a QPAC production!

Seniors & Mental Health
10 - 11:30am | 13 October

Katherine, a registered Art Therapist will provide an Art Therapy session, helping support individuals to explore their unique creative expressions, foster their artistic identities and use art as a way to improve their mental wellbeing.

Seniors & Technology
10 - 11:30am | 20 October

Learn simple tips and tricks to get the most out of your device, discover popular apps, plus an introduction to social media. Bring along your own device, smartphone or tablet. A limited amount of loan devices will be available for use on the day.

Seniors & Your Health
10 - 11:30am | 27 October

The interactive workshop will focus on restoring breath, balance and mobility into every day. We will discuss techniques to reduce stress, increase energy levels and the importance of essential nutrients to keep us active and mobile.

Book now!

Phone (07) 3624 2110 or visit Reception
CovidSafe event | Capped numbers

Christmas in July

Check out some of the lovely photos taken by Burnie Brae Volunteer Karen whilst on the 'Christmas in July' day tour. Members enjoyed a day out at Secrets on the Lake in Montville, absorbing the breathtaking panoramic views of the rainforest, mountains and lake.



Centre Activities



EXPRESSIONS OF INTEREST

Drama Group

For everyone interested in theatrics: together we'll read scripts, play games and, most importantly, have fun. Register your interest at Reception for the Drama Group!



LINE DANCING

Monday class updates starting 6 September

Raw Beginners | 11.15am – 11.45am
 Beginners | 11.45am – 12.45pm
 Improvers | 1pm – 2.30pm



TABLE TENNIS

Thursday 10:30am



GYPSY RUMBA

Thursday 2pm



INDOOR BOWLS

Wednesday 1pm & Friday 9am

Member Plus Offer

Join as a MemberPlus Member now and your membership will be valid until December 2022!

Take advantage of this special offer today - visit Reception or phone 3624 2110.



SEPTEMBER PROMO

2 for 1 ACTIVITIES

Plus DOUBLE POINTS

During the month of September, enjoy 2-for-1 activities and double points for every activity attended!

Terms & Conditions

Double points will be automatically added to your member card.

Limit of 4 bonus activities to be accrued per person (equivalent to 1 per week in September 2021).

Bonus activities to be redeemed during September 2021.



Join or renew your membership online or at Reception.

SEPTEMBER

SPECIAL

Gourmet burger, chips & coffee
 Assorted burgers available. T&C's apply.





WOMEN'S HEALTH WEEK

6 - 10 SEPTEMBER



Women's Health Week is a nation-wide campaign centred on improving women's health and helping them to make healthier choices.

This September, Women's Health Week will be a great reminder to set aside time for your health and wellbeing. Make an appointment for a health check, get active, and connect with both family and friends. Good health starts with you.

From puberty to pregnancy to menopause, exercise is a form of medicine; hugely important in supporting women's health. One in two Australian women are not sufficiently physically active; a statistic that is contributing to higher rates of chronic disease in women.

As fantastic as we know exercise can be for overall health, barriers to women being active can be many and varied; from chronic pain, injury and incontinence to childcare commitments, and low self-esteem. With the assistance of an Accredited Exercise Physiologist (AEP), women can become more active; improving their own health as well as the health of their whole family.

In 2014-15, 52% of women reported having one or more of 8 selected chronic diseases:

- » arthritis
- » cardiovascular disease
- » asthma
- » COPD
- » back problems
- » diabetes
- » cancer
- » mental health conditions

The prevalence of these chronic diseases varies with age - 87% of women aged 65 and over have a chronic disease, compared with 37% of females aged under 45.

If you're thinking about how to improve your own health, book an appointment with one of the wonderful Exercise Physiologists at Healthy Connections today!

1 IN 2

WOMEN WERE SUFFICIENTLY ACTIVE IN 2017 - 2018.



6 IN 10 AUSTRALIAN WOMEN ARE OVERWEIGHT OR OBESE.



1 IN 2 AUSTRALIAN WOMEN HAVE A CHRONIC DISEASE.

ESSA, Exercise & Women's Health eBook.





Pilates Sessions

Healthy Connections Pilates Reformer Studio offers small group classes and individual sessions within the Burnie Brae Centre.

As a small and dedicated team, our focus is to provide our members with the skills to achieve their health and fitness goals in a fun and supportive environment using specialised Pilates equipment.

Our highly qualified Pilates trained Exercise Physiologists can cater for all fitness levels. We also teach seniors about their health with a focus on increasing strength, flexibility, and functional fitness whilst developing a better mind to body connection.

Reformer Pilates can provide a body changing experience – it's a challenging form of exercise for people of all ages!

How to get started

Movement 4 Life Starter Pack - \$135

One initial assessment and one program orientation session.

Ongoing Sessions

10 session pass - \$250

Individual sessions (45 min) - \$93.75

Health fund rebates may apply please check with your health fund.

Find out more

Enquire at Healthy Connections Reception (60 Kuran Street, Chermanside) or contact us on (07) 3624 2185.



SIMPLE SWEET & SOUR CHICKEN

Serves 4

🕒 30 minutes

Ingredients

- 400 g chicken breast fillet diced
- 1 Spanish onion chopped medium
- 1 canola oil spray
- 220 g canned pineapple
- 2 tbs soy sauce
- 2 tbs white vinegar
- 1/2 cup tomato sauce
- 2 tbs white sugar
- 2 tsp cornflour
- 1 red capsicum diced medium
- 1 green capsicum diced medium
- 1 carrot large sliced

Method

STEP 1

Spray wok with oil and heat. Soften onion then add chicken, cook thoroughly. Remove from pan.

STEP 2

Spray wok with oil again, heat and add vegetables. Cook for 5 minutes or until soft.

STEP 3

Meanwhile combine cornflour, vinegar, sugar, soy, tomato sauce and pineapple (including juice).

STEP 4

Return chicken to pan, followed by pineapple mix. Stir and cook for 2 minutes or until heated through. Serve with rice.

CONTACT US

☎ (07) 3624 2185

✉ gym@healthyconnections.org.au

🌐 www.healthyconnections.org.au



Care Services

Congratulations to Lifestyle Facilitator Karen who has recently completed her Certificate III in Individual Support. Karen has spent the last year studying hard and completing placement hours to gain her Certificate. She is now qualified to assist our clients in the community with more complex supports. Well done Karen on the amazing achievement.

Also, a huge congratulations to Lifestyle Facilitator Jacob, who recently completed his Certificate IV in Mental Health. Great work, Jacob!

At Burnie Brae, our staff are guided by the values of customer focus, compassion, quality and integrity. We love seeing our staff members striving to provide the highest possible standard of service through the development of relevant skills and qualifications that ultimately benefit you, our members and clients.



R U OK? Day (Thursday 9 September) is dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

You don't need to be an expert to reach out - just a good friend and a great listener. A conversation can change a life!

Start a conversation with these four steps:

1. ASK R U OK?
2. LISTEN
3. ENCOURAGE ACTION
4. CHECK IN

If you are worried about someone and feel urgent professional support is needed, please contact one of the below agencies.

- 13 11 14 - call for 24/7 crisis support.
- 1300 658 467 - people at risk of suicide carers and bereaved.
- 1300 845 745 - counselling service for people suffering grief.



Thank you to the many Burnie Brae staff who have had their COVID vaccinations, keeping our community safe.





Club Respite

Club Respite at Burnie Brae provides a program of centre-based activities and outings to aid our clients in remaining socially active within the community.

Our Centre caters for clients who want to remain social and may require low level support. This support is provided by highly qualified, passionate and dedicated staff and volunteers.

Our activities and outings are designed to be enjoyed by everyone, with support available when required.

If you are over 65 and new to My Aged Care, discover how Club Respite at Burnie Brae can help you to stay socially supported and connected.

- » Are you ever lonely?
- » Do you need company and a little support?
- » Do you want an all-inclusive fun-filled day?
- » Do you know of anyone who is new to My Aged Care and could benefit from some social support?



PROGRAM INCLUDES

- Musical entertainment
- Mens & ladies groups
- Exercise activities
- Craft activities
- Word games & bingo
- Gardening



We have some rare places available at Club Respite right now!
Pop in to see us or contact us for information about our services and prices.



Bruny Island Escape

Whether you're a foodie, history buff or lover of the outdoors, Bruny Island has a unique ability to enchant. Just off the south-east coast of Tasmania and only 45 minutes from Hobart, Bruny is Tasmania's fourth-largest island. It's a great place for beach walking or taking a trek to the Cape Bruny Lighthouse.

Fun fact – Bruny Island is the same size as Singapore, but has a population of less than 1000, as opposed to 4.5 million. Bruny Island measures close to 100 kilometres tip-to-tail and can be almost deserted mid-week, making it the perfect escape from city hustle with limited mobile reception, beautiful beaches, and dramatic scenery. In fact, Adventure Bay has been named among the best beaches in Australia! Bruny is effectively two islands joined by a narrow isthmus.

History

Bruny Island was first sighted by Abel Tasman in 1642 and was named after Rear Admiral Bruny d'Entrecasteaux, who visited the island in 1792-93. Captains Furneaux, Flinders, Cook and Bligh all anchored in Adventure Bay, which takes its name from Furneaux's ship. The tiny Bligh Museum of Pacific Exploration at Adventure Bay and the Alannah History Rooms are both open to the public.

Things to see and do

Lovers of fine food will be in their element on Bruny Island with a selection of artisan cheeses and wood-fired breads from Bruny Island Cheese, fresh oysters from Get Shucked, wine tastings at Bruny Island Premium Wines (Australia's southernmost vineyard) and a selection of Tasmanian single-malt whisky at the Bruny Island House of Whisky.

Check out the Bruny Island Chocolate Factory to sample fudges, truffles, sauces, chocolates, jams and gourmet foods. In summer, you can try some fresh raspberries from the Bruny Island Raspberry Farm. There's even the opportunity to pick your own if you enjoy working for your supper!

Wildlife on the island includes albino wallabies, nocturnal creatures like quolls and pademelons, a colony of little penguins and all manner of birds - from parrots to perky little red-breasted creatures. Fur seals inhabit rocky outcrops and can be seen on adventure cruises. You can also keep an eye out for sea eagles, albatrosses and – during the season – dolphins and whales. There might even be the odd sluggish echidna crossing the road.

Most of the accommodation on Bruny Island is self-catering, or camping. There are no five-star resorts or big brand hotels, making it a wonderful place to escape and enjoy the peace and quiet!



CONTACT US



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Burnie Brae

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TRAVEL

CHOOSE A GLOBAL LEADER IN SUSTAINABLE MARINE TOURISM



Pennicott Wilderness Journeys is my family business, which I started in 1999 with a single journey taking in Bruny Island.

Today, we operate six signature experiences in southern Tasmania and one in southern Victoria, highlighting the spectacular, unique wilderness and wildlife of the areas. Over our 20 year history, Pennicott Wilderness Journeys has become a highly acclaimed environmental tourism operator, and we are honoured to have won 28 Tasmanian and 12 Australian Tourism Awards.

My family and I are genuinely dedicated to operating in harmony with the environment and local communities. We employ and train local staff, and purchase goods and services from local suppliers wherever possible. Pennicott Wilderness Journeys is 100% carbon offset and an Advanced Ecotourism Certified operator. We are regularly assessed by EarthCheck and have always exceeded best-practice global standards for efficient fuel, energy and water use.

Driven by a desire to share our success and give back to the environment and community that has always supported us, we established the Pennicott Foundation as a flagship for important philanthropic activities. A portion of your ticket goes towards the Foundation.

In 2011, I circumnavigated Australia in a 5.4 metre inflatable dinghy, raising \$300,000 for conservation and to assist Rotary's efforts to eradicate polio. Other projects the Foundation has contributed to include eradicating feral cats from Tasman Island and rats from Big Green Island. Since the successful eradications, over 100,000 breeding seabirds are saved each year. Last year we supported 460 organisations and community projects.



Thank you for your support and we hope you enjoy an experience of a lifetime with Pennicott Wilderness Journeys.

Robert Pennicott



Day Tours & Events

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

Day Tours Theatre Trips Centre Events Gold Program Art Workshops



ALCOHOL INK WORKSHOP

Saturday 11 September
9am - 1pm

Learn alcohol ink techniques - leaf foil and flow mediums to create a trendy, bright, or moody piece. Inks, papers, planter pot, gloves and tools are all supplied.

This workshop is suitable for beginners; a safe and fun space to experiment, play and learn a new skill. Those who are interested in pouring paint will enjoy this workshop as it achieves a similar result.

Run by Petra, the Burnie Brae Art Teacher, and held in the Activity Room.



LEATHER CLUTCH WORKSHOP

Saturday 25 September | 9am - 12pm

Make your own contemporary Australian kangaroo leather clutch. Leave with a handmade piece that will be perfect for day-to-day use. No experience necessary.

This workshop is run by Petra, the Burnie Brae Art Teacher. Includes morning tea.



CYBER SAFETY & SCAMS PRESENTATION

Wednesday 15 September
10am - 11.15am

With the advancement of technology, email has become a fast and efficient method of forwarding unsolicited scam information to bulk recipients.

Don't fall victim to scammers! Learn how to identify and protect yourself from scams in the online world.



INVINCIBLE THE HELEN REDDY STORY

Thursday 4 November | 1 - 5:30pm

Hailed as the international 'Queen of 70's Pop' Helen Reddy was Australia's very first truly international superstar.

In 1973, her iconic song "I Am Woman" became the unforgettable anthem of the women's liberation movement and made her the very first Australian to ever win a Grammy Award.

Held in the Concert Hall at QPAC.



TRIVIA WITH FRIENDS

WEDNESDAY 22 SEPTEMBER
1PM - 3:30PM

Time Changed

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

NOTICE

Grandparents Day has unfortunately been cancelled due to it coinciding with the People's Day Public Holiday.

Day tours depart 15 minutes prior to the event. Departing from Kedron-Wavell Services Club.